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Chancellor tells MoS his Ghanaian-born parents were hurt by Left-wing MP's description of him as 'superficially' black

# KWASI: I'M THE WRONG SORT OF BLACK MAN FOR LABOUR

KWASI KWARTENG has launched a hard-hitting attack on Labour for characterising him as not 'the right sort of black person', as he derided the party's record on diversity.

The under-fire Chancellor spoke out in an exclusive Mail on Sunday interview, in which he also defended his mini-Budget

**EXCLUSIVE**

By **Glen Owen** POLITICAL EDITOR

that caused turmoil on the international money markets and alarmed Tory MPs.

Mr Kwarteng branded Labour as 'back-

ward' when it came to identity politics as he gave his first response to their MP Rupa Huq shockingly describing him as 'superficially' black.

His comments came as the Left-wing Mirror newspaper yesterday apologised for a 'terrible error' after it mistakenly

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**EXCLUSIVE**



**Sexist taunt  
by colleague  
that left TV's  
Gabby Logan  
'dying inside'**

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SPLASH NEWS / BBC



A FINE DAY: Helen grabs her ticket after hugging Gorka, top



## Gorka's hug for Helen – and even a parking ticket can't wipe the smile from her face

WHEN TV presenter Helen Skelton signed up for *Strictly*, she vowed she was there to have a good time.

And judging by her smile, she hasn't wasted any time enjoying herself – as she appears to have hit it off with her professional partner, Gorka Marquez.

The pair shared an embrace following a training session ahead of last night's show, five months after Ms Skelton was left heartbroken by the collapse of her eight-year marriage to rugby league player Richie Myler.

She also placed her hand on Marquez's shoulder before getting into her blue Audi 4x4 outside the dance studio in Cumbria.

And it appeared that the *Countryfile* presenter, who was wearing a £56 pair of Jack Wills leggings, is enjoying her time on the BBC1 show so much that not even a parking ticket could wipe the smile from her face. She showed no sign of irritation as she removed it from the windscreen before driving home.

Marquez, who lives in Manchester

By **Katie Hind**

CONSULTANT EDITOR, SHOWBUSINESS

with his wife, the actress and former *Strictly* contestant Gemma Atkinson, is understood to have been partnered with Ms Skelton, 39, as he is the pro star who lives closest to her Yorkshire home.

Ms Skelton was 'absolutely devastated' after Myler left her in April – just six months after she gave birth to their third child, Elsie.

The 32-year-old went on to begin a relationship with Stephanie Thirkill, the daughter of Andrew Thirkill, the president of his team, Leeds Rhinos.

Marquez, also 32, began dating former *Emmerdale* actress Miss Atkinson after meeting on *Strictly* in 2017, although they did not dance together.

The pair, who have a three-year-old daughter, Mia, got engaged on Valentine's Day last year but have yet to set a date for their wedding.



**PARTNER:** Gorka with fiancée Gemma, whom he met on *Strictly* in 2017

By **Daniel Jones**

CONSUMER AFFAIRS EDITOR

IT MIGHT not qualify as money laundering in the usual, morally questionable sense – but a new study claims that Britons may be losing an astonishing £800million a year in their washing machines and tumble dryers.

Its results suggest that 36million adults have pulled out coins and soggy notes worth an average £22 from the washer or dryer over the past year.

Just 21 per cent of that – or £167million – survives the ordeal and is able to be used again, with the rest being mostly mangled notes. While coins invariably sur-

vive, notes are often badly damaged from the high temperatures.

Even the newer polymer ones are prone to shrivelling or ripping, the research found.

Coins, notes and jewellery are often found in the big rubber seal around the doors of washing machines and tumble dryers.

Dr Kyle Grant, founder of the laundry service Oxbash which commissioned the study of 1,000

people, said: 'Another great place to check is the filter. Typically located on the front bottom corner, flip open the cover and pull out the filter. Fingers crossed, any stray coins, notes or missing jewellery will be found in the lint.'

He added: 'Leaving money in pockets is easily done, but don't despair if you find a shrunk or torn note in the drum at home.'

'If you have at least half the bank

note, there is a way you may be able to exchange it. The Bank of England has a dedicated "damaged and contaminated" service for accidentally mutilated genuine notes.'

The research also found we frequently wash wallets, headphones, watches, lottery tickets, jewellery, credit cards, phones, passports, make-up and stamps.

Dr Grant said Oxbash had 'successfully reunited customers with

headphones, wallets and cash that's accidentally been left in pockets' over the past five years.

Britons have also found a total of around £590million down the back of their sofas in the past year, according to the study. The average person found £10.90 during a spring clean or thorough Hoover.

Between and under car seats is another common spot for lost cash, with an average of £9.33 found.

## Money laundering! Britons lose £800m...in washing machines



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identified a different black man – a banker – as Mr Kwarteng.

Ms Huq, the MP for Ealing and sister of TV presenter Konnie Huq, was suspended by Sir Keir Starmer after saying at the Labour conference: 'Superficially, [Mr Kwarteng] is a black man. He went to Eton I think he went to a very expensive prep school... if you hear him on [Radio 4's] Today programme you wouldn't know he is black.'

Mr Kwarteng said his Ghanaian-born parents had been hurt by the views expressed by Ms Huq, who was educated at a private London school where the fees are now £21,000 a year. Although the MP has apologised for her comments, Mr Kwarteng said they represented the mindset of the Labour Party as a whole.

'There is always that element on the Left where it's OK being black if you are the right sort of black person, that you subscribe to their agenda and like a bit of Britain-bashing and the rest of it,' he said. 'What drives the Left crazy is seeing successful ethnic minority politicians in the Conservative Party.'

'If you look at the last ten years, the Conservative Party is much more ethnically diverse than the Labour Party and they lecture us on diversity. They lecture us on gender diversity when they've never

MINISTERS are to launch a multi-media advertising blitz to remind voters they are spending around £150 billion to limit home energy bills to an average £2,500. A source said Liz Truss had complained to aides that the Government 'didn't seem to have got much political credit' for the package amid the fallout from other aspects of the mini-Budget.

had a female leader; we've had three female Prime Ministers.

'So, on gender, on race, on all of these things that they think they own, they are failing and are backward and the Conservative Party is much more progressive.'

'Actually, Conservatism at its heart is about treating people as individuals and looking at their merits and not as part of a class or a race or agenda. We take individuals as they come and I think that's what most British people do.'

The Chancellor added that his parents, Alfred and Charlotte, who emigrated from Ghana to the UK as students in the 1960s, were dismayed by the remarks. 'They are aspirational,' he said. 'They have always loved what Britain has to offer and it's disappointing to see Labour politicians reduce everything to people's skin colour, ethnic background or gender.'

The row came as:  
● Mr Kwarteng admitted in his MoS interview that with 'hindsight' the mini-Budget had been done 'at very high speed', and conceded that the markets may have been mollified had he spoken more about spending restraint, but insisted he was doing 'the right thing';  
● The Chancellor prepared to tell the Conservatives' annual party conference, which starts in Birmingham today, that 'we must face up to the fact that for too long, our economy has

# Left-wing paper grovels over 'Kwasi' photo gaffe

By Claire Ellicott

LEFT-WING newspaper The Mirror was forced into a humiliating apology yesterday after illustrating an online story about Kwasi Kwarteng with a picture of a man who isn't him.

The Chancellor pointed out the mistake on Twitter with the words 'That isn't me...' after they mistakenly used a photo of an American banker.

The story – headlined 'Kwasi Kwarteng said he had to do "something different" with mini-budget' – instead showed Bernard Mensah from Bank of America.

Mr Mensah had been among representatives of US banks meeting the Chancellor at the Treasury on Wednesday, and was pictured outside the building.

This came just days after Labour MP Rupa Huq dismissed Mr Kwarteng as 'superficially' black, triggering a race row that led to her being suspended from the party.

The Mirror's embarrassing error happened on the first day of Black History Month and appeared underneath a link promoting stories to mark the beginning of the month on the Mirror website.

It triggered a wave of protest against the Left-wing paper, which said it would 'redouble our efforts' on opposing racism. Shaun Bailey, the black former Conservative candidate for



Kwasi Kwarteng  
@KwasiKwarteng

That isn't me... @DailyMirror



Kwasi Kwarteng said he had to do "something different" with mini-budget

**ERROR:** The Mirror mistook Bernard Mensah for the Chancellor

London mayor, posted a sarcastic tweet saying: 'For a second I thought this was me, then I remembered that we don't all look the same.'

Anti-racism campaigner and broadcaster Trevor Phillips added: 'Seriously? On Day 1 of Black History Month?'

Hornsey and Wood Green Conservative chairman Ben Obese-Jecty said: 'Good to see the Daily Mirror kicking off its coverage of Black History Month with this they-all-look-the-same-don't-they clanger. You'd think, given the coverage he's received this week, that most people in the press would know what Kwasi Kwarteng looked like...'

The Mirror later issued a

statement saying: 'This morning a picture in a story about Kwasi Kwarteng was wrongly captioned. This was a terrible error and we apologise to Mr Kwarteng and all our readers. The Mirror has a long history of working against racism and we will redouble our efforts on this.'

Last week Ms Huq said Mr Kwarteng was 'superficially' black, adding, 'If you hear him on the Today programme, you wouldn't know he's black.'

Labour leader Sir Keir Starmer said the comments were 'racist' and she was suspended from the party.

Last month Mr Kwarteng became the first black Chancellor of the UK.



**SUSPENDED:** Rupa Huq, right, with her TV presenter sister Konnie

not grown enough' and 'the path ahead of us was one of slow, managed decline' – a fate he's determined to reverse;

● Prime Minister Liz Truss readied an advertising campaign highlighting the Government's £150 billion move to cap typical energy bills at around £2,500, after complaining to colleagues she had not received sufficient political credit for it;

● Tory MPs debated whether Mr Truss would survive as Premier until the next Election, with supporters of former Chancellor Rishi Sunak lobbying for a 'coronation' for him;

● Former Tory leadership contender Jeremy Hunt urged his

colleagues to give Ms Truss 'time', saying: 'I didn't vote for her myself but she won the election fair and square.'

In his interview, Mr Kwarteng admits to being shaken by the reaction of City traders to his mini-Budget, saying: 'It's very difficult to actually anticipate how markets react to anything and if politicians were really good at reading markets, I suggest they probably would be market traders.'

'I think what we're seeing now is more stability and I'm hopeful that we can build on that. I'm absolutely 100 per cent convinced that this was the right plan. We have a high

tax model, we have high spend; that was not sustainable. We had a 70-year high in taxes and we had to reset the debate.

'No one is suggesting that we should increase corporation tax, no one is suggesting that we should undo the reverse to the NI [National Insurance] increase. The energy intervention was crucially important.'

'Our people were facing £6,500 on their energy bills and this intervention essentially meant that the average household would pay £2,500 and that is really, really good.'

Mr Kwarteng, 47, also denies the markets would have been calmer had he accepted the offer from the independent Office For Budget Responsibility to provide an economic forecast alongside his statement.

He said: 'There was a massive urgency in terms of the energy intervention... we had to act quickly and we did but if we had had a longer period, we would have talked to more people and engaged in the normal way. This was an emergency situation.'

Asked about a poll last week giving Labour a 33-point lead over the Tories, Mr Kwarteng said: 'Of course we're concerned about polls... but over the last six years, polls have come and gone.'

Comment: Page 26

**WE QUIZ KWASI ON THAT BUDGET** Pages 8-9



# 'On my way to the Labour conference'... at 81mph

By Michael Powell  
and Brendan Carlin

LABOUR frontbencher Emily Thornberry has been caught speeding at 81mph on the motorway – in a picture she posted on her Instagram account.

The Shadow Attorney General, whose husband is a High Court judge, uploaded the incriminating photo of driving to party conference in Liverpool last Saturday.

Ms Thornberry, 62, wrote next to the snap 'On my way to Labour Conference', adding that she was 'choosing a Labour Students disco playlist'.

The picture was taken by a back seat passenger and shows the rear-view mirror, revealing that Ms Thornberry, in sunglasses and a brown coat, is driving the Toyota Prius in the middle lane.

She shared the snap with her 24,000 followers but failed to spot that the digital speedometer on the car's dashboard displayed the figure 81. The speed limit on Britain's motorways is 70mph.

Last night her spokesman said: 'She is well aware that the speed limits are set where they are for a reason, and she apologises unreservedly for this fleeting and

**'It is much harder to stop your car and avoid a crash at 80mph'**

totally unwitting moment when she exceeded them on the drive to Liverpool.'

The gaffe comes eight years after another social-media blunder, when she sparked outrage over a 'sneering' tweet about three St George's flags hanging from a house during the Rochester by-election in Kent.

She posted a picture of the house, which had a white Ford Transit van outside, with the words: 'Image from Rochester.'

The mother-of-three was sacked from the front bench by then leader Ed Miliband after the Twitter post was labelled unpatriotic.

Islington South and Finsbury, North London MP Ms Thornberry was then forced to apologise in 2019 after comparing the Liberal Democrats to the Taliban over their threat to cancel Brexit if they won power.

Drivers who speed at between 71mph and 90mph in a 70mph zone face having three penalty points slapped on their licence, according to Government guidelines.

Most police forces also impose a £100 fine. Drivers can be offered the option to go on a driving awareness course rather than accept

the penalty points. Motorists who tot up 12 penalty points face a six-month driving ban.

Errol Taylor, chief executive of the Royal Society for the Prevention of Accidents, said: 'The speed limit on motorways is 70mph for a good reason.'

'At 80mph, the consequences will be a lot more serious if you

crash. The 80mph stopping distance is 400ft, which is 85ft further than if you are going at 70mph. It is much harder to stop your car and avoid a crash if you are going at 80mph.'

'The faster you go, the less time you have to react and the force of the impact will be much more severe. You are at a vastly higher

risk of death or serious injury. Also, fuel consumption is 25 per cent higher at 80mph compared to 70.'

The motorway speed limit has been 70mph since 1965 but has long been argued over by motoring

## Labour's Emily Thornberry in new social media gaffe – eight years after sneering at St George's flag on Twitter



**GOOFS:** Ms Thornberry's driving post en route to conference, above. Inset: Her jibe at flag of St George

groups and safety campaigners. In recent years, Ministers have mooted raising it to 80mph.

Prime Minister Liz Truss said last month that she was open to the idea. Replying to a question during the final leadership hustings debate, she said: 'On speed limits, we need to be prepared to look at that... I can't give you a precise answer.'

Raising the limit would bring Britain in line with countries such as Germany.

Two-thirds of AA members support an increase to 80mph. But a report by the Road Safety Foundation said this would be dangerous and lead to more high-speed shunts on motorways.

Stopping distances at 80mph are the equivalent of 30 car lengths, rather than six car lengths for vehicles travelling at 70mph.



## Why this red wine is actually green

IF YOUR favourite bottle of red feels lighter next time you pick one up at the supermarket, it probably isn't another example of 'shrinkflation'.

The Co-op is rolling out wine bottles with thinner glass in an attempt to reduce its carbon footprint. Two of its best-selling Chilean wines are being sold in the new lighter bottles after a trial quelled fears they might break more easily.

With those wines alone, the Co-op will

**LIGHT REFRESHMENT:**  
Co-op wine's thinner bottle

By Daniel Jones

CONSUMER AFFAIRS EDITOR

save 1,000 tons of carbon across the 850,000 bottles sold each year – the equivalent of taking 215 cars off the road. If the move were adopted widely across the UK, it would save about one million tons of carbon – the same as more than 200,000 cars.

However, bosses concede that they will have to educate shoppers they are getting the same quality wine and in the same quantity. Lou Ellerton, from

branding experts Kantar, said: 'For a lot of products, but wine in particular, shoppers associate quality with heft – how heavy and how substantial it feels. So it will be a case of explaining to shoppers the product inside is the same.'

'The other thing is, after years of shrinkflation, some shoppers will pick up the new lighter bottles and wonder if there is less in there. But most people know a bottle is 750ml and will be able to see that by glancing at it.'

The production of glass bottles is the single biggest source of emissions in the wine supply chain, accounting for

30 per cent of the carbon footprint. Lighter bottles will also save on the emissions pumped out by transporting wine across the world.

The weight of the bottle containing Co-op's Irresistible Chilean Pinot Noir is down 31 per cent from 580g to 400g, and for its Malbec by 16 per cent from 475g to 400g. Co-op wine buyer Sarah Benson said: 'It was 12 months in the making – trying out thinning the bottle in different places. Throughout the process, we were very mindful of what our customers look for in premium wines, as for many, the heavier the bottle the better.'





'No problem, mate. My dad's an expert on leaky pipes, but why will he need a wetsult?'

## Weekly UK energy bill to hit £100

By Daniel Jones

FAMILIES face landmark £100-a-week energy bills next month, with millions turning the heating on as prices soar by 27 per cent.

Yesterday's price cap rise from £1,971 to £2,500 means average weekly gas and electricity use will leap from the £75 a week it would have cost to £100 or more next month when boilers are on longer.

British Gas defines average energy use as two or three people in a three-bedroom house – but a family of four could pay £120 weekly.

The Government's £400 Energy Bills Support Scheme works out at a discount of £7 per week over a year, so many families' bills will still be £100 in cold weeks.

Some £2.8 billion will be spent weekly on energy bills across Britain's 28 million households as winter bites, close to double the amount paid in cold weeks last winter. Peter Smith, of the charity National Energy Action, said: 'Some people will simply not turn the heating on.'

The Government said: 'The Energy Price Guarantee of £2,500 saves the average household £1,000, in addition to the £400 discount.'

# Boost for No10 after experts slash cost of mini-Budget plans

By Patrick Toohar

KWASI KWARTENG'S mini-Budget will add far less to the country's deficit than his critics suggest, according to a leading think tank.

A hostile reaction to the Chancellor's ambitious £45 billion plan to cut taxes and boost economic growth has caused turmoil in financial markets.

But analysis by the Centre for Economics and Business Research (CEBR) suggests the real cost could be just £25 billion – almost half the Government's forecasts.

Abolishing the 45 per cent tax band for the highest earners, reintroducing VAT relief for international visitors – known as the 'tourist shopping tax' – and scrapping the planned corporation tax

'Looks much closer to fiscal responsibility'

rise will stimulate economic growth and lift revenues more than anticipated, the think tank said.

Top earners in Scotland – where the highest rate of income tax will remain at 46 per cent – may be tempted to move south of the border after the Chancellor slashed the higher rate of tax, it added.

The number of highly paid individuals attracted to England from other countries could mean the measure is 'at least self-financing' compared with the Treasury's forecasts indicating a £2 billion loss.

Mr Kwarteng's decision to not have his numbers checked by the

## BOSS HANDS TAX SAVING TO CHARITY

THE boss of one of Britain's biggest companies has promised to give the money he receives from Kwasi Kwarteng's top rate tax cut to charity.

David Thomas, chief executive of FTSE100 housebuilder Barratt Homes, will donate about £40,000 of his £800,000 basic pay – which could rise to a donation of more than £100,000 if he receives a bonus at the end of the year.

The Chancellor abolished the 45 per cent higher rate of income

By Neil Craven  
CITY EDITOR

tax for those earning more than £150,000 in a move that has been widely criticised. He replaced it with a 40 per cent rate.

Campaigner Martin Lewis, from Money Saving Expert, said the move would help 'mega earners'. Others argue it could help attract top talent from overseas.

But Thomas, 59, who was paid

£2.9 million including bonus and benefits, said: 'It is not people like me who need a financial boost. I didn't ask for or expect these recent changes in the tax system.'

'I recognise how privileged I am. People across the UK are facing real financial hardship and we should be taking care of those who need it most.'

Thomas will give the money to Magic Breakfast, a charity that provides school breakfasts to children in disadvantaged areas.

Office for Budget Responsibility (OBR) before they were announced spooked investors and caused havoc in currency and bond markets.

In another blow this weekend, Standard and Poor's cut its outlook for the UK Government's debt to 'negative' from 'stable' as the rat-

ings agency claimed Mr Kwarteng's unfunded package would cause debt to keep rising. The agency said there were now 'additional risks' in lending to Britain.

The CEBR said the Chancellor's presentation 'played badly' in financial markets and opinion polls, but

its calculations show the package 'looks much closer to fiscal responsibility than the markets presume'.

Douglas McWilliams, deputy chairman of the CEBR, added: 'It would appear that the Chancellor has managed to burn his reputation for fiscal prudence for no good reason at all. He would have been so much better advised to have done his sums before presenting his Budget to the markets.'

He said falling energy prices and a freeze on personal tax allowances could mean public borrowing falls



**IF TRUSS DOESN'T CHANGE COURSE, SHE'LL CONSIGN HER PARTY TO POLITICAL OBLIVION** DAN HODGES Page 51

to £64 billion next year, which is £90 billion less than the CEBR had previously pencilled in.

The OBR's forecasts will be given to the Treasury on Friday but won't be made public until next month.

After hitting an all-time low, the pound has since recovered to where it was when Mr Kwarteng unveiled his radical proposals ten days ago.

But the Bank of England was forced to launch an emergency £65 billion bond-buying programme last week to stabilise markets.

£13bn mortgage shock: Page 125





By  
**Katie Hind**

CONSULTANT  
EDITOR  
SHOWBUSINESS

# Posh toasts her Paris triumph (and thawing of wedding feud) with shots of £600 tequila

IT WAS a double celebration for Victoria Beckham in the City of Love.

Her first-ever Paris Fashion Week show was made all the better by the thawing of the feud with daughter-in-law Nicola Peltz, who cheered her on from the front row.

To mark the occasion, Mrs Beckham, who is said to be 'overjoyed' at the attendance of Miss Peltz and her eldest son Brooklyn, knocked back shots of Don Julio 1942 tequila – which costs £600 per bottle.

The 48-year-old also treated guests to a steak and chips dinner at her favourite restaurant Girafe, which is close to the Eiffel Tower.

However, the designer – who dressed for the occasion in a £982 midi gown from her own collection – enjoyed a rather healthier meal of steamed fish.

Shortly after showing off her Spring 2023 fashion range on the catwalk, Mrs Beckham led her own fashion parade, made up of husband David and daughter Harper, as she left her £12,000-a-night hotel, La Reserve, to make her way to the after-party.

She teamed her bright green dress with striking red open-toe

**'They couldn't sort it out, there was a culture clash'**

sock boots, costing £955 from her label, while the former England footballer opted for an ice blue suit and a cross-body man bag. Meanwhile, 11-year-old Harper wore a £2,000 silk-and-lace dress from her mother's 2021 collection, with a pair of bright yellow trainers.

The Beckhams' other two sons – aspiring popstar Cruz, 17, and footballer Romeo, 20 – also attended the celebratory dinner, with Cruz in double denim and Romeo in black cargo trousers and a sweatshirt.

Among the celebrities on hand to help Mrs Beckham mark the occasion were Desperate Housewives actress Eva Longoria, as well as supermodel Gigi Hadid, who had earlier starred in the show.

Mrs Beckham's parents Jackie and Tony were also there, along with staff from her fashion label.

Although Brooklyn and Nicola attended the catwalk show, they did not join the party at Girafe, instead choosing to meet some friends.

Like his brothers, Brooklyn



**FAMILY PARADE:** David and Victoria with Harper. Left: Don Julio 1942 tequila



**SUPPORT:** Brooklyn Beckham and his wife Nicola Peltz in Paris on Friday

27-year-old heiress in Florida in May. The bride later claimed Mrs Beckham changed her mind about designing her wedding dress.

'If Brooklyn and Nicola didn't want to be [at the show], they wouldn't have been,' a friend said. 'Families are complicated and there was a real culture clash between the two sides and things couldn't be sorted out because of the thousands of miles between them all.'

'But as soon as they were in the same room, things felt a lot better.'

'Who knows from here but it has certainly put smiles on David and Victoria's faces. They adore their children and losing their close relationships is their worst nightmare.'

'It was breaking both of their hearts. They tried to deal with the whole fallout with kid gloves. Now they think they've made a breakthrough.'

embraced a low-key look for the evening, appearing in jeans and a jumper, while Nicola paired a tight leather dress with gravity-defying

white platforms. Despite their absence from the dinner, sources close to the Beckhams say there has been a 'thawing' in the frosty relations between the former Spice

Girl and her son's new wife. They admit that 'time has been a great healer' for the once-close family after a rift developed following the lavish wedding of Brooklyn, 23, and

## Not lovin' it? How a quick burger might cheer you up

IF THE thought of a salad makes you glum, tucking into a juicy burger is best for cheering yourself up, say scientists.

Beef was the only food linked to a lower risk of depression in a study using data on 440,000 Britons.

Nutrients found in beef – includ-

ing iron and B vitamins known to help brain functioning – may be responsible for the protective effect, researchers reported in the Journal of Affective Disorders.

'This is the first study reporting a potential, beneficial causal effect of beef intake on lowering the risk,'

said the team of psychiatrists from National Taiwan University, Massachusetts General Hospital and other centres.

'We found that higher beef intake may be protective against major depressive disorder,' they added.

The researchers studied data

from 440,000 people stored in the UK Biobank database, and from 45,000 people with depression.

They examined data on which genes were associated with eating more beef and then they checked if the same genes were also associated with risk of depression. Non-

oily fish was associated with a higher risk of depressive illness.

Just how beef could be protective is not clear, they said, but added that it contains nutrients which may be beneficial in the prevention of depression, including zinc, iron, B vitamins and protein.



## Regrets about 'Kamikwasi' Budget?

# It was rushed, but an emergency

## What about the market meltdown?

# If MPs were good at reading markets, they'd be traders

## Worried about Labour's 33pt lead?

# Polls come and go

## A U-turn on cut in 45p tax rate?

# No, we HAD to reset the debate

**W**HEN the British economy crashed on Black Wednesday in 1992, the Tory Chancellor at the time, Norman Lamont, was derided for saying that he had been 'singing in his bath', before declaring: 'Je ne regrette rien.'

After the week he has endured at the mercy of the markets, the current Chancellor, Kwasi Kwarteng, is not risking a similar insouciance. 'I wasn't singing,' he says. 'I've got a terrible voice.'

In his first full interview since his mini-Budget – dubbed 'Kamikwasi' after it crashed the pound, spooked the markets and sent Tory MPs into a tailspin after one opinion poll posted a 33-point Labour lead – Mr Kwarteng offers a modicum of 'regrette'.

'Look, hindsight is a beautiful thing,' he says. 'The whole thing was done at speed, there's no doubt about that. The Prime Minister kissed hands with Her Majesty on September 6 and the mini-Budget was delivered on September 23, and we had a period of national mourning. So it was all done at very high speed, that's true.'

Beyond that, there is not yet any sign of a U-turn over the abolition of the 45p top rate of tax. The move only accounted for £2 billion of the £45 billion package of measures he announced – in addition to £150 billion of help to cap energy bills – but contributed to the slump in sterling as markets worried about the sophistication of the costings.

It is the havoc this has wreaked with the mortgage market – as interest rates have been forced on to an alarming upward trajectory – which has most unsettled MPs, casting

**'Hindsight is a beautiful thing... but I'm convinced this is the right plan'**

serious doubt over whether the 45p measure will survive contact with the Commons when the Finance Bill is introduced.

The turmoil has also contributed to feverish talk in Westminster about toppling Liz Truss and installing the fourth Tory Prime Minister in the space of little over three years.

A decade has elapsed since Ms Truss and Mr Kwarteng first set out their radical tax-cutting vision in the book *Britannia Unchained*, which proposed the shock therapy of free-market reforms to stop Britain's 'inevitable slide into mediocrity'.

The rocky transition from this thesis to reality has been dubbed 'Britannia Unhinged' by their backbench critics, who say the chaos could have been averted entirely if the mini-Budget had been restricted to the energy bills help, the reversal of April's National Insurance rise and abolition of corporation tax rises – all of which had already been 'priced in' by the market.

The Chancellor, whose PhD in economic history from Cambridge after studying as a King's Scholar at Eton and a Kennedy Scholar at Harvard makes him arguably the Cabinet's most highly educated Minister, admits to being shaken by the reaction of City traders.

'It's very difficult to anticipate how markets react to anything and if politicians were really good at reading markets, I suggest they probably would be market traders,' he says. 'I think what we're seeing now is more stability and I'm hopeful that we can build on that.'

'I'm absolutely 100 per cent convinced that this was the right plan. We have a high tax model, we have high spend; that is not sustainable. We had a 70-year high in taxes and we had to reset the debate and we've done that.'

'No one is suggesting that we should increase corporation tax, no one is suggesting that we should undo the reverse to NI increase.'

'The energy intervention was crucially important. Our people were facing £6,500 on their energy bills and this intervention essentially meant that the average house-

hold would pay £2,500 and that is really, really good.'

So, why not restrict the mini-Budget to those announcements?

'We had to reset the debate. It wasn't just about the energy intervention, it was about getting supply-side reforms.'

Mr Kwarteng, 47, also denies that the markets would have been calmer if he had accepted the offer

### EXCLUSIVE INTERVIEW



By **GLEN OWEN**

POLITICAL EDITOR

from the independent Office for Budget Responsibility (OBR) to provide an economic forecast alongside his statement, arguing it was 'too soon'. But he does accept 'we could argue' he should have made more mention of spending restraint.

'There was a massive urgency in terms of the energy intervention [which] had a fiscal impact. We had to act quickly and we did, but if we

had had a longer period, we would have talked to more people and engaged in the normal way,' he says. 'This was an emergency situation brought about by the fact we were facing very high energy prices.'

'I am convinced the growth plan is the right thing. There is going to be controversy, markets are moving and I want to stabilise them. I want to have a calm, reassured approach to this and I absolutely think this is the right thing we're doing.'

The first foretaste of the political problems the Chancellor's mini-Budget unleashed came from the queasy silence on the benches behind him when he announced the abolition of the top rate.

He now faces a fierce battle to pass the plan through the Commons, particularly if the turmoil increases the pressure to cut public spending on areas such as benefits or pen-

sions. 'We've got a majority. We'd expect people to vote for Finance Bill measures,' is all Mr Kwarteng will say on the battle ahead.

Those who study Westminster's machinations have been speculating about whether the Prime Minister 'bounced' her Chancellor into making the 45p decision, or the other way round. A post-mortem held by Downing Street officials concluded that the ideological bedfellows had gone into an office together on the eve of the mini-Budget and concluded: 'Let's go for it.' Mr Kwarteng says: 'I think we were agreed on that. We worked closely together to come up with the policy. I speak to the Prime Minister every day, we get on very well and we share ideas all the time. We are absolutely as one and we have come through a challenging period.'

Although glimmers of his custom-





CRAIG HIBBERT

economy – and that's what we're focused on.'

Mr Kwarteng was speaking to The Mail on Sunday in his No 11 office after he and the Prime Minister held a meeting with the OBR, which coincided with a stabilisation in market conditions and the pound rising back to its pre-Budget level.

The rest of the Government's economic plans will be published on November 23, alongside an OBR forecast.

The Chancellor says that the Government 'had a very good conversation' with the OBR, adding: 'They are a key part of the financial institutional framework we've got.'

'Investors like the fact that, even though the forecasts can often be wrong, the fact the OBR [exists] is a good thing.'

Mr Kwarteng is also keen to build bridges with Bank of England Governor Andrew Bailey. During the Tory leadership contest, Ms Truss vowed to examine the Bank's mandate, amid her private concerns that it had been 'asleep at the wheel' in the battle to curb inflation.

Mr Kwarteng says: 'I think volatility is a feature of markets and I want to reassure markets.'

'I work closely with the Governor of the Bank. I've found him really easy to deal with. I think he's a public servant of a high standard and I actually enjoy talking to him.'

Some Tory MPs were alarmed by Mr Kwarteng's first action in

**‘Negative voices from the Left and the BBC... lots of people want us to fail’**

office being the dismissal of the Treasury's Permanent Secretary, Tom Scholar. It was seen as signalling the new Government wanted to challenge civil service 'orthodoxy', with the assumption that the mandarin would have restrained the new Chancellor from rushing out all his measures at once.

'I don't think Tom Scholar is relevant to this at all,' he says. 'Officials don't dictate what is in the Budget.'

When Mr Kwarteng is asked how he thinks Ms Truss's predecessor Boris Johnson, or her vanquished opponent Rishi Sunak, will have viewed the events of the past week, he says: 'I have no idea what they're thinking, you should ask them... We had a fair contest, he [Rishi] lost and now we're moving on.'

The Chancellor is acutely aware that Mail on Sunday readers will be worried about rocketing mortgage rates, but insists that cutting taxes is the answer.

'I think that by not taking their taxes, by dealing with the energy intervention, it actually reduces the inflation rate and that will have an impact on their cost of living,' he says. 'We are absolutely focused on helping our people, your readers.'

'And the other thing I would say is that it is a difficult global environment. I'm a historian, I love British history, I love this country and that's where we are at our best, in that we have got incredibly creative people, we're dynamic, we're forward-thinking, we absorb different ideas and we are great innovators.'

'That's what I want to see in the UK.'



**CHALLENGING TIMES:** In No 11, Kwasi Kwarteng tells the MoS's Glen Owen that market turmoil 'ruined his sleep'

ary ebullience remain intact, Mr Kwarteng – described as 'brilliant' by some colleagues and 'arrogant' by others – admits that it has been a testing period.

'I used to read that politicians

don't read newspapers and I can see why. I think it's difficult, but that's the nature of high public office.

'One of the things that really ruined my sleep is the markets. That sort of thing is trying. I've had

difficult times reacting to what's happening but you know, I am very confident that this is the right thing to do and I am a really, really great believer in Britain.

'I think what we can achieve is

extraordinary and that's why I have been drawn to politics, it's because I want us to be at our best.'

The YouGov poll giving Labour its biggest lead for over a quarter of a century can't have helped, though.

'Yes, of course we're concerned about polls, we want to get back on our feet, but over the past six years, polls have come and gone.'

'I remember in 2017 we were 40 points ahead of Jeremy Corbyn and then in the Election we were four points ahead of him.'

On seeing the latest polling he says: 'I thought "This is concerning" but we can get out of this, if we're united and focused. Lots of people want to see this fail because what we are trying to do is reset this country to be pro-growth, pro-wealth creation, pro-dynamism.'

'The number of messages of support I've had from people is extraordinary. You hear all the negatives from the Left and the BBC and all of that, but actually people are saying stick to the course, you are doing the right thing, you're setting Britain on the right path for growth, lower taxes, greater productivity, greater innovation, supply-side reforms, just energising this

## Treasury defends drinks with fund chiefs

THE Treasury has defended Kwasi Kwarteng's decision to attend an event hosted by a hedge fund boss as traders drove down the value of the pound.

The Mail on Sunday has established that Mr Kwarteng spent the evening of September 23 – hours after his mini-Budget – at an event organised by Tory HQ at the West London home of Andrew Law, the chairman of Caxton Associates.

It is not known whether the company traded on the value of the pound last week, although it has 'bet' on currencies in the past.

A source close to Mr Kwarteng said: 'It is

By Glen Owen

completely normal for the Chancellor to engage with businesses after a fiscal event.'

The source added that Mr Kwarteng had 'addressed key stakeholders in the business world, including the financial services sector, to talk through what the plans mean for jobs, growth and investment in the UK'. Mr Kwarteng has been criticised by 'Whitehall sources' for 'not properly engaging' with the City following the mini-Budget.

It was reported last week that Mr Kwarteng

had had a private lunch with an ex-boss who has been making huge profits by betting against the falling pound. Hedge fund manager Crispin Odey is said to have cooked an 'informal dinner' for Kwarteng at his home during the Tory leadership contest back in July.

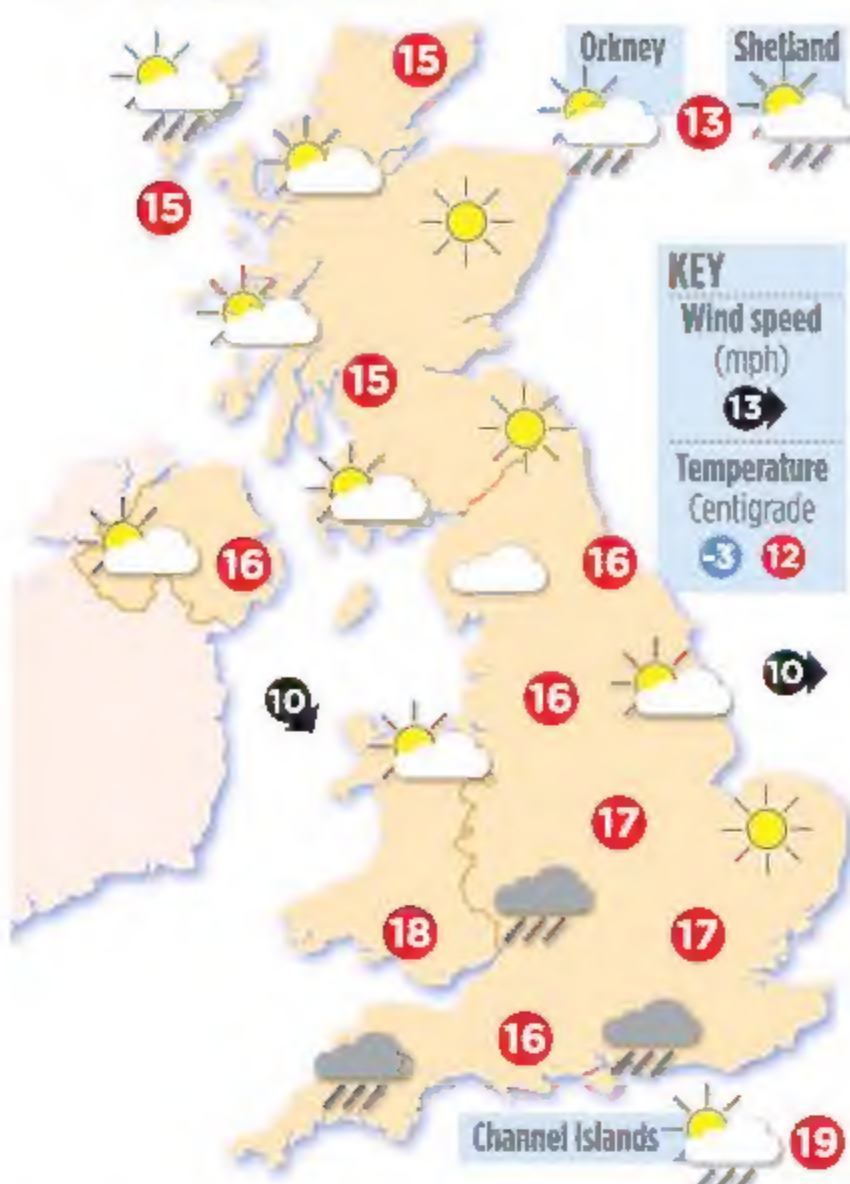
'At the time he came for lunch, it was not known who was going to win the leadership,' Mr Odey said.

The pound fell to a record low of \$1.03 on Monday but was trading at \$1.11 yesterday.

Mr Law was not available for comment at the time of publication.



## Weather



## UK FORECAST

## REGIONAL FORECASTS

**London, South East:** Muggy start, with heavy and persistent rain in the late afternoon. Calm westerly winds. Max 17C 63F.

**South West, South, Wales, Midlands, Channel Islands:** Heavy rain moving through the morning, clearing to give brighter spells and a dry afternoon. Gentle north-easterly winds. Max 18C 64F.

**Midlands, East Anglia:** Sunny spells between fair weather cloud. Gentle westerly winds. Max 17C 63F.

**North West, North East:** Bright day with a small risk of a shower. Gentle north-westerly winds. Max 16C 61F.

**Scotland, Northern Ireland, Eire:** A fine day with sunny spells. More cloud later, which will increase the

risk of a shower. Gentle westerly winds. Max 16C 61F.

**YESTERDAY** (24 hours to 6pm) – Warmest: Southampton (Hampshire) 20.3C 68F. Coolest: Aboyne (Aberdeenshire) 2.7C 37F. Wettest: Prestwick (Ayrshire) 0.67in. Sunniest: Boulmer (Northumberland) 9.4hr. London: Max: 20C 68F. Min: 12C 54F. Rain: 0.12in. Sun: 6.20hr. Barometer (6pm) – 1011.6mb Rising. Humidity: 67 per cent.

**WEEK AHEAD** Tomorrow will be bright for most, with rain affecting just Northern Ireland, Scotland and the borders. On Tuesday, a cold front will sweep across the country, bringing rain. Wednesday will see more wet weather as another front moves in.

## WEATHER WATCH John Kettley

We have seen occasional spells of unusually warm weather during October in the past. In 1985, for example, October 1 was the hottest day of the whole year for many and there was a repetition of this just 11 years ago.

It is a month of transition, when Britain is susceptible to extremes depending on the source of the winds and the erratic movement of the jet stream crossing the Atlantic.

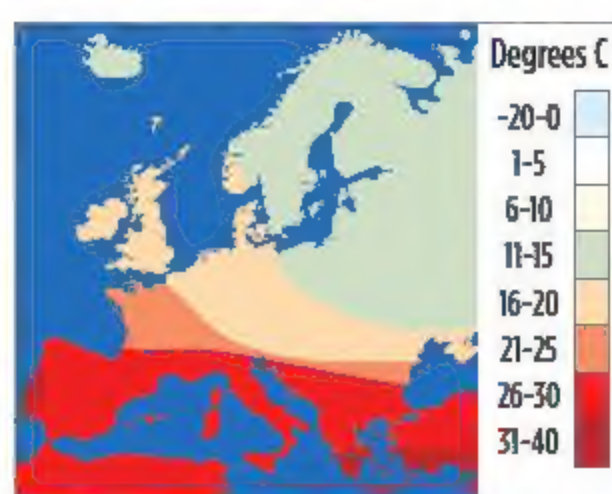
The coming week begins with warmer southerly winds taking hold, but further rain is also likely to cross from the west. Expect spells of heavy rain for some, though there are positive signs towards mid month for high pressure to settle conditions across England and Wales, bringing morning fogs and heavy dews.

## SIX-DAY FORECAST

	MON	TUE	WED	THU	FRI	SAT
LONDON	19	19	18	19	19	17
ABERDEEN	14	15	12	13	13	12
BELFAST	16	16	13	14	13	13
BIRMINGHAM	17	18	16	17	17	15
CANTERBURY	17	19	18	19	18	17
CARDIFF	17	18	17	16	15	15
GLASGOW	15	15	12	13	13	13
LEEDS	17	18	14	17	15	14
MANCHESTER	16	18	15	16	15	14
NEWCASTLE	15	17	12	15	14	13
NORWICH	18	20	17	17	17	16
PLYMOUTH	18	17	16	17	16	16

## EUROPE WEEK AHEAD

A high-pressure system over north-western Europe brings fine conditions, but this will slip south-eastwards on Tuesday as fronts move in from the Atlantic, bringing unsettled weather.



# As smiling PM arrives at Tory conference... Plot to rip up rules and put Sunak in No 10

By **Glen Owen, Brendan Carlin and Claire Ellicott**

RISHI SUNAK'S supporters are plotting to install the former Chancellor in No 10 as part of a 'coronation' if Liz Truss's Government falls in the wake of the mini-Budget, The Mail on Sunday understands.

Mr Sunak's MP backers argue that the leadership rules should be ripped up to give MPs the sole right to pick a successor to Ms Truss without the long campaign to court party members that led to Ms Truss succeeding Boris Johnson last month.

As Ms Truss arrived at the Tory Party conference in Birmingham, backbench plotting was reaching levels febrile even by Tory Party standards.

In addition to Mr Sunak, supporters of Boris Johnson have been talking about voting down the bill containing the budget measures to bring down the Government, allowing Mr Johnson to become a 'caretaker' prime minister. But allies of Mr Johnson insist it is 'too soon' for him to return.

Michael Gove, who is speaking at nine events at the conference, is suspected of plotting one last tilt at the leadership, something which his friends angrily dismiss.

One of Mr Sunak's supporters last night insisted that Ms Truss was 'finished' and said the party should repeat the 2003 leadership election, when Michael Howard was given the top job unopposed. The senior Tory told The Mail on Sunday: 'Rishi is the only answer. You go for a coronation.'

The call came as Red Wall MPs elected just three years ago voiced fears that Kwasi Kwarteng's mini-Budget would cost them their seats in the wake of one poll that gave Labour a huge 33-point lead.

One said: 'We have worked so

hard to do better with lower-income voters, but the optics of these tax cuts for the wealthy are so bad.'

The MP added: 'Even people who backed Liz in the leadership contest think she's had it. Most of the conversations are: How do we get rid of her?'

Even one former Minister in favour of tax cuts bemoaned the way the mini-Budget was done, saying it had imperilled the party's hallowed reputation for financial competence.

He said: 'And that's like virginity. Once you've lost that, it's rather hard to get it back.'

But one former Cabinet Minister claimed it was 'madness'

## 'The optics of these tax cuts are so bad'

to talk of another change of leader. He said: 'Anyone suggesting we can replace Liz needs therapy.'

Tory Party rules both protect Ms Truss from any leadership challenge for 12 months and specify that, as happened this summer, the final two candidates in any contest are voted on by the party's membership.

But one backbench MP who entered the Commons in 2019 said last night that if Tory MPs wanted Ms Truss out, the rules could simply be changed. He said: 'Ultimately, the Parliamentary party and the party board can do what it wants.'

Backers of Mr Sunak conceded that changing the leader again so soon would be embar-



**LEADER:** Prime Minister Liz Truss arrives at the Tory Party conference

rassing but could stave off a General Election wipeout.

One key Rishi supporter said: 'Yes, we will look shambolic. But you've got to hope that after 18 months of Rishi on the tiller, things will look better.'

Another MP who backed Ms Truss said colleagues were discussing a 'unity' candidate, adding: 'Gove will be blamed by Liz for being behind it.'

One rebel Tory said last night that Ms Truss could redeem

herself by making a better than expected speech at the conference. But he warned: 'I don't think that will happen.'

Labour sources confirmed last night they were 'in talks' with Tory MPs furious at the tax cut with a view to voting it down in the Commons.

A friend of Mr Gove said: 'These so-called friends of Liz should stop obsessing about Gove and focus on sorting out the mess they've created.'

## LOTTO NUMBERS

1 4 9 BONUS 21  
40 44 58

### THUNDERBALL

14, 27, 30, 32, 38, Bonus 10

No one won last night's £20 million Lotto Rolldown jackpot, so all other prizes were boosted.

Check **Lotto Raffle** numbers at [national-lottery.co.uk](http://national-lottery.co.uk)

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# New 'Fab Four' under the gaze of George III



By **KATE MANSEY**

ASSISTANT EDITOR

BUCKINGHAM PALACE released a new portrait of the King last night to mark the start of his reign, after the Royal Family's period of mourning for the Queen ended.

In a clear sign that the sovereignty of King Charles will be both less formal and more closely centred on the four most senior members of the family, the new monarch is seen looking relaxed with his hand in his pocket and his arm around his wife Camilla, the Queen Consort.

Beside them are William and Kate, who also look assured but unstuffy as they contemplate their new roles as the Prince and Princess of Wales.

The picture, which was described by an insider as a combination of 'formal and informal', was taken before a reception for foreign dignitaries on the eve of the Queen's State Funeral.

Not so long ago, it was Princes William and Harry together with their wives who had been dubbed the 'Fab Four' - carrying great hopes for the future of the Royal Family. This, however, is an image of an alternative 'Fab Four' as the King, the Queen Consort, and the Prince and Princess of Wales stand together at the top of the Ministers Stairs before a painting of King George III at Buckingham Palace.

Despite the sadness of the occasion, a photographer had been invited to capture 'an important moment in history'.

King Charles has made it clear that he will need to rely on his eldest son and daughter-in-law as he takes on the new role as Head of State. In recognition of this, he appointed them Prince and Princess of Wales in his first address to the nation after ascending the Throne.

The day before the picture was taken, the King and the Prince of Wales came together for a surprise walkabout, greeting people who were waiting in the queue for Her Late Majesty's lying-in-state.

The image was taken by Getty photographer Chris Jackson, who was chosen by Kate and William to photograph their son Prince George on his fourth birthday.

Last week the King received visiting heads of realms at Balmoral, including Ralph Gonsalves, the prime minister of St Vincent and the Grenadines, who has proposed a referendum to remove the British monarch as head of state in his country.



**INFORMAL:** The new portrait of King Charles with Camilla the Queen Consort and the Prince and Princess of Wales, taken at Buckingham Palace



## Funeral duke gets first knighthood

KING CHARLES has awarded his first 'quickie' knighthood, The Mail on Sunday can reveal. The new monarch bestowed the honour on the Duke of Norfolk, Edward Fitzalan-Howard, left, just ten days after inheriting the throne. It was announced in the Queen's Birthday Honours list last June that the duke, 65, would receive a knighthood.

But he was not entitled to wear his Royal Victorian Order medal at the Queen's funeral, which he was responsible for arranging, as he had not been 'dubbed'. The duke is to mastermind Charles's coronation ceremony.



**FANCIED:** The Queen with First Receiver

## Queen's delight as she heard of last 'winner'

THE Queen is well fancied to be posthumously honoured with a coveted equestrian trophy.

One of her horses, a thoroughbred named First Receiver, is in line for the Horse Of The Year prize as part of the prestigious Equestrian Championship.

In the latter decades of her life, the late monarch became as successful in the world of horse showing as she was in horse racing. But the prestigious Horse Of The Year prize eluded her.

First Receiver's rider Katie Jerram-Hunnable said: 'The one thing Her Majesty wanted to do

was win at the Horse Of The Year Show.'

The horse qualified four days before the Queen died. Ms Jerram-Hunnable reported the news to the Queen's stable manager, Terry Pendry. 'He called Her Majesty and she was so ecstatic he had won that class that day. It was my last win for Her Majesty, that makes me emotional.'

The Equestrian Championship, begins on Wednesday and is likened to 'Crufts for horses'.

First Receiver, who is five, started life as a racehorse trained by Sir Michael Stoute.



# Detectives charge two men over murder of nine-year-old Olivia

TWO men have been charged over the murder of nine-year-old Olivia Pratt-Korbel, six weeks after she was shot in the chest at her home.

Thomas Cashman, 34, was charged with murdering the youngster in Dovecot, Liverpool, on August 22, police said last night.

A second man, Paul Russell, 40,

By Jake Ryan

from Dovecot, was charged with assisting an offender following his arrest by officers on Friday.

Cashman, also from Dovecot and arrested on Thursday, has been separately charged with the

attempted murders of Olivia's mother Cheryl Korbel, 46, and Joseph Nee, 35, and two counts of possession of a firearm.

Convicted burglar Nee, the suspected target of the shooting, had been chased into the Korbels' family home in Liverpool.

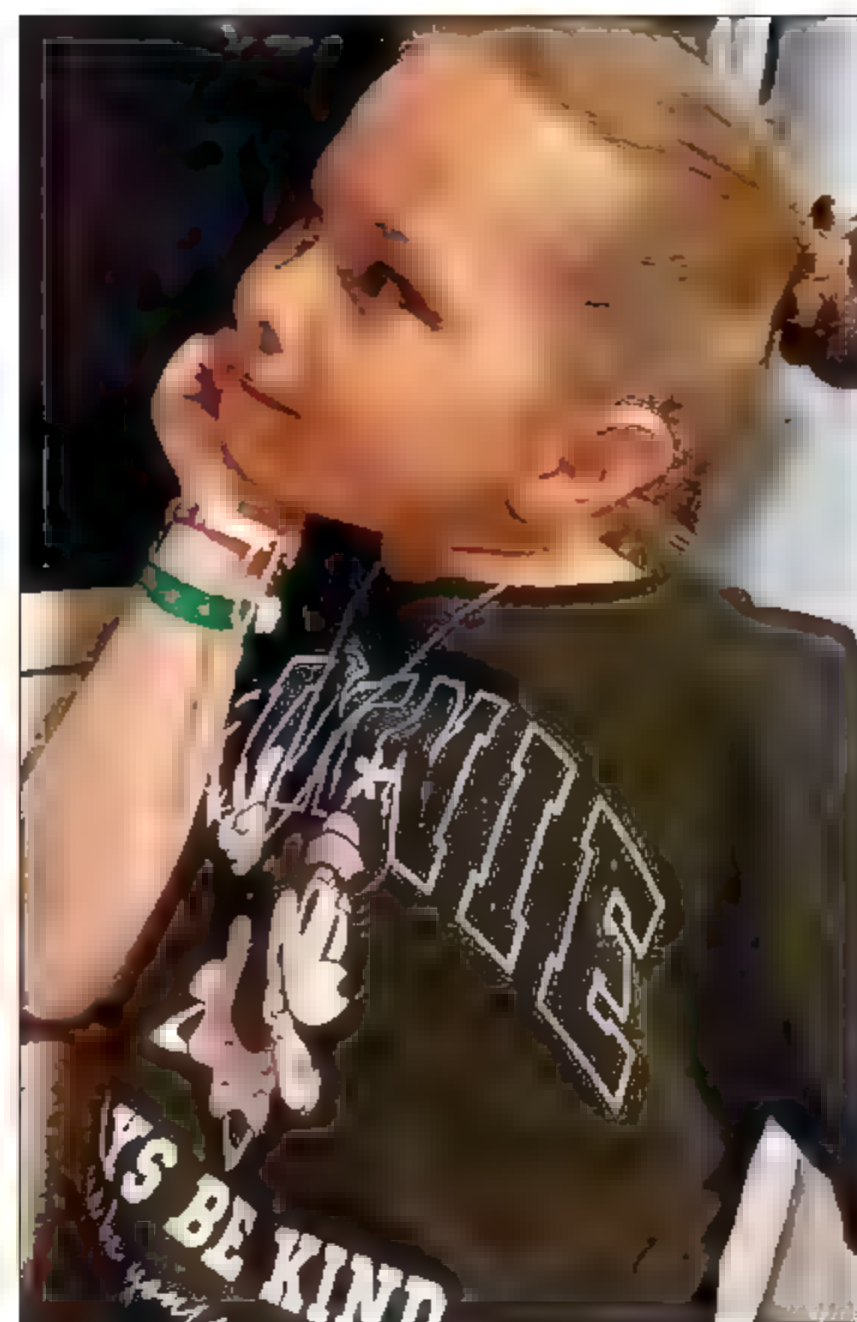
Cashman and Russell are due

to appear at Liverpool Magistrates' Court tomorrow. Detective Chief Superintendent Mark Kameen, of Merseyside Police, said yesterday: 'Our work continues in earnest.

'At the beginning of the investigation we were firm in our commitment to finding all those involved in this case, which includes the people who have tried to shield and protect individuals, and those who have supplied the weapon or are hiding the weapons used in this attack. I therefore still need people to come forward and speak to us... so we can keep the promise we made to Olivia's family and the local community to ensure those involved face justice.'

Last month, the reward offered in the hunt for the killer was increased to £200,000 – the biggest single reward offered by Crimestoppers.

Announcing the reward, the charity's founder and chairman Lord Ashcroft said: 'This case has been incredibly shocking, not just for those who are directly affected but



SHOT: Olivia Pratt Korbel was gunned down at home

also for Liverpool and the nation. I am delighted that with the support of a private donor, Crimestoppers can now offer a record £200,000 for information to catch Olivia's killer.

'A precious young life has been lost so we need every effort to find those involved in this appalling killing.'

Olivia's funeral was held last month at St Margaret Mary's Catholic Church in Knotty Ash.

Mourners dressed colourfully after her family asked them to wear a 'splash of pink'. Speaking at the service, Ms Korbel said: 'Liv touched so many people's hearts and was loved and adored by everyone. She will never be forgotten.'



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## £90m of cocaine found washed up on Welsh beach

By Jake Ryan

HOME AFFAIRS CORRESPONDENT

A SUSPECTED £90million haul of cocaine was found on a beach in West Wales yesterday.

Around 30 black bags, each containing 30 packages of what appeared to be 1kg bricks of the Class A drug, were discovered by a member of the public on an early-morning walk.

The project manager, who is in his 30s, was taking a stroll along Tan-y-Bwlch beach near Aberystwyth when he stumbled across the bags.

The black sacks, which were tied together with rope and empty gallon jerry cans for buoyancy, had washed up on the shore. Inside, the suspected 1kg blocks were labelled with the name of fashion brand Dior.

Earlier this year, cocaine which washed up on the US's Gulf of Mexico was branded with 'Dior' and last year cocaine packages in Australia also displayed the designer name.

The walker, who did not wish to be named, told The Mail on Sunday: 'I was out for my early morning walk when I saw something on the beach.

'I was intrigued and walked up to it and knew what it was almost straight away.

'An old lady called the police and they came around half an hour later. They cut open a bag and it looked like pure cocaine. They dragged it



HAUL: The bags containing the Class A drug on Tan-y-Bwlch beach yesterday

off the beach and took it away.' The UK's cocaine market is estimated to be worth more than £25.7million daily, according to the National Crime Agency's latest strategic threat assessment.

Figures released by the agency earlier this year revealed how cocaine seizures nationwide have soared by 161 per cent between early 2020 and early last year.

Dyfed-Powys Police did not respond to requests for comment.



# For sale at £6.49 on the Net: mobile numbers of PM and 25 of her Cabinet Ministers

## Experts fear they could be targeted by foreign powers

By Michael Powell  
and Glen Owen

THE personal mobile phone numbers of the Prime Minister and 25 of her Cabinet Ministers are being sold on the internet, The Mail on Sunday can reveal.

They can be accessed on a shady US website charging just £6.49 for access to the information, which cyber experts warn could be used by China and Russia to spy on senior Government figures.

Phone numbers and other personal data for Liz Truss, Chancellor Kwasi Kwarteng, Defence Secretary Ben Wallace, Foreign Secretary James Cleverly and Home Secretary Suella Braverman are among those listed on the site. Labour leader Sir Keir Starmer's phone number is also on there.

On the eve of the Conservative Party conference, Ministers were last night assessing the threat with national security advisers, after the MoS alerted them to the breach, which also included email addresses and passwords.

The Cabinet Office said it was investigating and that some of the information was old. But the MoS confirmed that the data haul contained 26 current phone

Name	Job	Emails	Passwords	Mobile	Data breach source
Liz Truss	Prime Minister				Covve
Brandon Lewis	Lord High Chancellor		LinkedIn "██████"		Covve, LinkedIn
Therese Coffey	Dep PM & Health Secretary		Dropbox and ShareThis passwords		Dropbox, ShareThis, Covve
Kwasi Kwarteng	Chancellor of the Exchequer				Covve
James Cleverly	Foreign Secretary				Covve
Suella Braverman	Home Secretary				Covve
Ben Wallace	Defence Secretary				Covve
Nadhim Zahawi	Chancellor of the Duchy of Lancaster				Covve
Simon Clarke	Levelling Up Secretary				Covve
Jacob Rees-Mogg	Business Secretary		000WebHost password is "██████"		000Webhost, Covve

### Starmer's number is also on the list

numbers for the Cabinet, including Ms Truss's

A former British intelligence officer last night called the breach 'truly shocking' and warned that private information could be targeted using software that plants a virus on the phone via a text message.

Subscribers to the US website, which this newspaper is declining to name, can simply search for any information by typing in someone's name. The website takes just seconds to trawl through data stolen in cyber attacks going back more than a decade. The site claims to have more than 14 billion files of 'compromised assets' on its searchable database.

The people behind the website remain a mystery. The webpage lists a phone number which rings out unanswered. Its office is listed in a downmarket area of Las Vegas - far from the glitz and glamour of the Sin City strip. But when an MoS reporter visited on Friday to ask about who runs the site, they discovered the office was a scruffy, prefab used as a service address for hundreds of companies.

A receptionist said: 'I cannot tell you that information. Honestly I cannot tell you anything.'



**TARGETED:** Hackers have been collating and selling contact details for the likes of Prime Minister Liz Truss and Foreign Secretary James Cleverly, left

Crown Prince Mohammed bin Salman to hack Amazon founder Jeff Bezos. And Dubai's ruler Sheikh Mohammed used it on his ex-wife Princess Haya and five associates, a judge said last year.

Colonel Philip Ingram MBE, a former British intelligence officer and cyber security expert, said: 'The fact that these phone numbers of the Prime Minister and her Cabinet colleagues are out there on the internet is a phenomenal security breach. It is truly shocking and concerning, and is going to cause ructions within Government. The amount of business that is done by Ministers and Opposition leaders on WhatsApp groups and other phone apps means that mobile phones are a weak point of entry for Britain's enemies.'

Col Ingram said spy software can be launched on phones with a text message, which does not even have to be opened, just received.

'Pegasus gains access to just about anything on that device. It runs away in the background and the phone's user would not be aware of it,' he warned. 'And you can guarantee that other nations such as Russia and China are using very similar software - China leads the way in developing tools like this.'

'The US used something similar to spy on German chancellor Angela Merkel's phone for decades.

From a nation-state point of view, this is a huge data breach. If you have got the likes of the Prime Minister, the Chancellor and the Defence Secretary's phone numbers out there, then God knows what is leaking.'

Security analyst Professor Anthony Glees, from the University of Buckingham, said: 'If you can get into someone's phone, you can track their whereabouts, who they are communicating with and all sorts of things that would help the enemy. You can find out if they are having an affair or anything else you could use as blackmail.'

'The UK is perhaps the strongest supporter of Ukraine in its war

### 'This is a phenomenal, shocking, security breach'

against Russia. We need to be on high alert.'

A Cabinet Office spokesman said: 'We take cyber security extremely seriously and we have agencies like the National Cyber Security Centre to help business and individuals protect their personal information from cyber threats.'

'The Government is aware that websites exist that aggregate details from historical data breaches, therefore much of the data on these websites is old and incorrect. Ministers receive regular security briefings and advice, including advice on protecting their personal data and mitigating cyber threats.'

After paying a £6.49 fee to access the site for a week, it took the MoS seconds to find the Prime Minister's personal mobile number.

A search for 'Elizabeth Truss' returned an entry which appeared to contain a mobile phone number that the website stated had been stolen in a 2020 hack on Covve, a popular digital contacts book. When our reporter added the phone number to WhatsApp, the profile came up with a photo of the Prime Minister taken last Christmas.

We checked and later confirmed that Ms Truss has used the number since at least 2011. This newspaper also checked and confirmed that the site had the current phone numbers for the entire Cabinet apart

from Deputy PM Therese Coffey and Northern Ireland Secretary Chris Heaton-Harris.

Seven Labour frontbenchers had current numbers on there, including Shadow Foreign Secretary, David Lammy, Shadow Health Secretary Wes Streeting, and former leader Ed Miliband, who is Shadow Climate Secretary.

Our reporters checked the site for numbers of senior members of the military and intelligence agencies but did not find any.

Experts warn mobile phones are particularly vulnerable to attack from hackers. An Israeli system called Pegasus - which gains access to phones without the owner knowing - was allegedly used by Saudi





And that was just Friday.  
Get more holiday. Every day.

*...as varied as you*



# DARLINGS, JUST GIVE

**1** Er, where are your clothes Bella?  
A semi-naked Ms Hadid walks out on to the runway



Scan the QR code to see the full video on The Mail +



SCAN ME

GETTY IMAGES/STOCK

FOR the woman who struggles to find a dress that fits perfectly for that special day out, there's a new solution – spray one on.

The revelation came at Paris Fashion Week, courtesy of supermodel Bella Hadid.

The 25-year-old drew gasps as she shimmied on to the catwalk on Friday wearing a skimpy flesh-coloured thong, a pair of white kitten heels – and very little else.

Then, as the fascinated audience watched, four designers got to work, spraying her with Fabrican – liquid latex fibres that solidify into fabric – to create a show-stopping, body-hugging gown.

It took the team from fashion house Coperni about ten minutes to apply the fibres with spray guns, before styling the frock by cutting a thigh slit into one side of the skirt and pulling the sleeves off Ms Hadid's shoulders to give it a 'Bardot' look. The model then completed her walk down the runway – with members of the audience desperately trying to get a photo of the moment on their mobile phones.

By **Katie Hind**

CONSULTANT EDITOR  
SHOWBUSINESS

Yesterday the dress was hailed as a 'magical miracle' by fashion commentators, who watched the show at the Salle des Textiles at the Musée des Arts et Métiers.

The Los Angeles-based supermodel also had nothing but praise for the gown, which she shared with her 55million Instagram followers. Alongside a picture of her on the catwalk, she wrote: 'None of this could happen without the passion, hard work and dedication of the entire Coperni team. I love you. I will think of this moment for ever.'

Fabrican, which creates seamless outfits from a spray and costs about £15 a can, is based at the London BioScience Innovation Centre.

Coperni, a French label created by Sebastien Meyer and Arnaud Vailant, are also the company behind the Swipe 'It' bag made of hand-blown glass, loved by celebrities such as Kylie Jenner and Doja Cat.



# ME A HAND SPRAYING ON THIS NEW DRESS!





# Putin's child massacre revealed as his army hit by worst rout in 80 years

By **Mark Hookham**  
and **Askold Krushelnysky** IN KYIV

RUSSIA was this weekend facing its worst military battlefield defeat in 80 years, as chilling details emerged of fresh Russian atrocities against Ukrainian civilians.

Triumphant Ukrainian soldiers yesterday raised their country's flag at the entrance to the strategically vital town of Lyman, just days after Vladimir Putin brazenly annexed four occupied Ukrainian regions.

Some of Putin's troops are believed to be trapped in Lyman, a major logistics hub, after they were encircled by Ukraine's lightning advance. They face having to surrender or fight their way out in a move that would probably see them suffer huge losses.

But the breakthrough in eastern Ukraine came as new reports of Russian atrocities emerged and fears grew that a humiliated Vladimir Putin could resort to using nuclear weapons. At least 24 civilians, including 13 children and a pregnant woman, were gunned down during a Russian attack on a road convoy, Ukraine claimed.

Ukraine troops showed reporters a group of vehicles riddled with bullet holes and several corpses in civilian clothes near the recently recaptured town of Kupiansk in north-east Ukraine.

'Russians fired on civilians at close range,' regional governor Oleg Synehubov said.

The region's prosecutor's office said Russian troops had opened fire on a convoy of seven cars as civilians attempted to flee the fighting.

'The car queue was shot by the Russian army on September 25,

## 'Russian forces fired on civilians at close range'

when civilians were trying to evacuate,' a statement from the office said. 'Two cars have burnt completely with children and their parents inside.' Meanwhile, in comments that will stoke fears of even further horrors, Ramzan Kadyrov, one of Putin's henchmen and the head of Russia's region of Chechnya, yesterday said Moscow should consider using a low-yield nuclear weapon in Ukraine.

In a message on Telegram criticising Russian commanders for abandoning Lyman, Kadyrov wrote: 'In my personal opinion, more drastic measures should be taken, right up to the declaration of martial law in the border areas and the use of low-yield nuclear weapons.' His disturbing comments came as:

- Air-raid warnings sounded in Kyiv yesterday as Ukraine braced for a barrage of missile attacks in retaliation for Russia's losses in the east of the country;
- Russian forces 'almost certainly' struck a humanitarian convoy in the southern Zaporizhzhia region last Friday, according to the UK Ministry of Defence. At least 30

people in civilian vehicles were killed in the attack;

- The head of the Zaporizhzhia nuclear power plant was detained by Russian troops as part of an apparent plot to transfer the site to Russian energy firm Rosatom;
- Explosions were reported at a Russian air base in Crimea.

Serhiy Cherevatyi, a spokesman for Ukraine's forces in the east, yesterday said Russian units in Lyman are 'surrounded' and that villages around the town had been recaptured. Up to 5,500 Russian troops were previously in Lyman

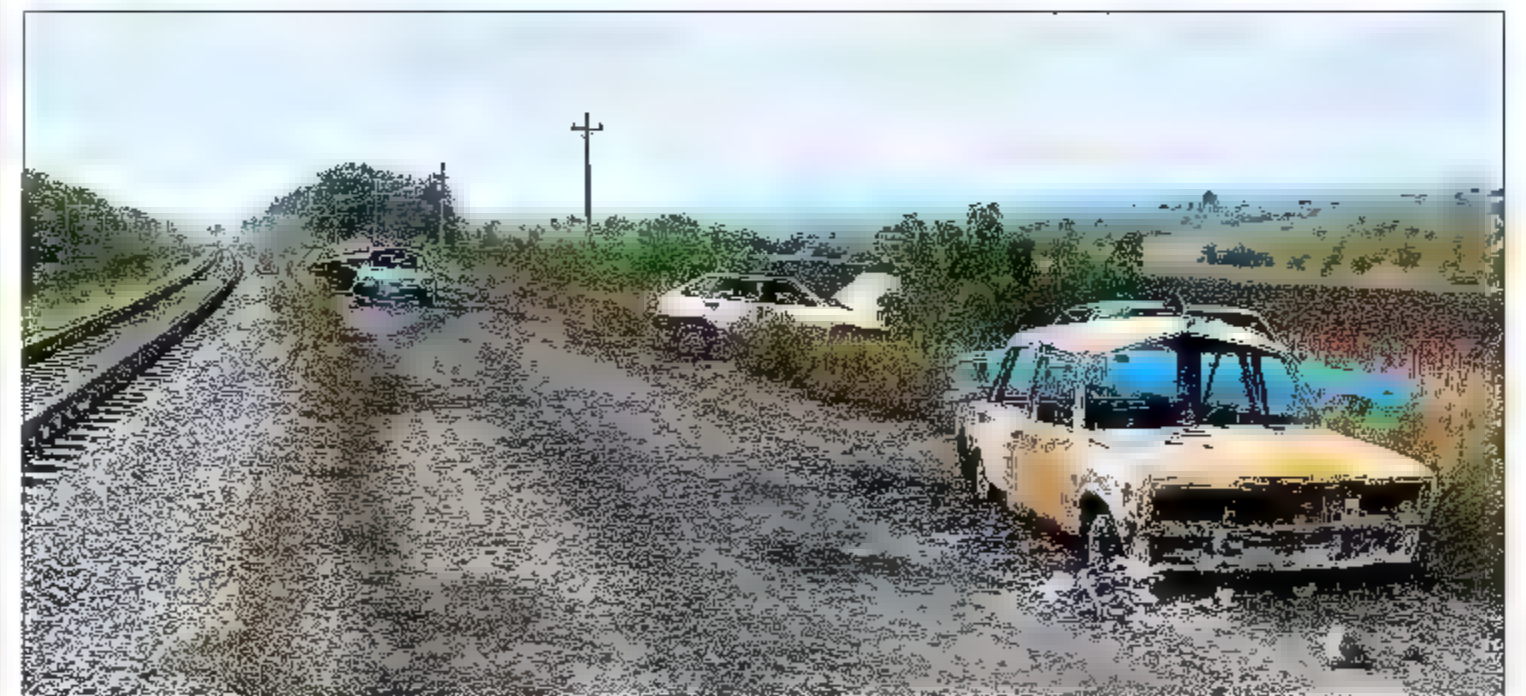
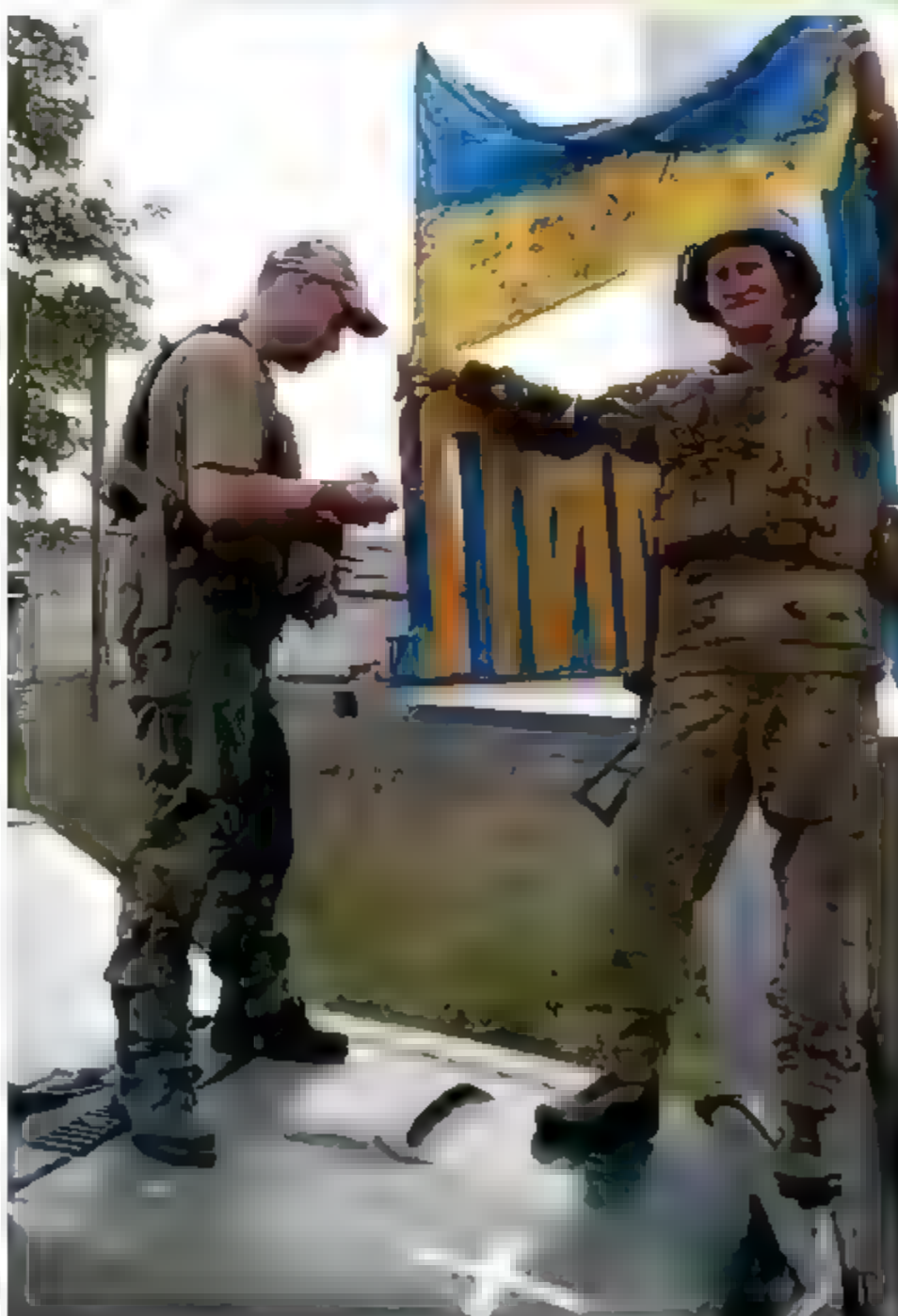
but the number trapped is unknown as some retreated, or were killed, before the encirclement.

Mr Cherevatyi said that Ukrainian forces controlled most routes out of the city and some Russian attempts to break out 'had not been very successful'. Russia's defence ministry later said it had withdrawn its troops from the town.

A Russian government news agency announced: 'In connection with the threat of encirclement the allied [Russian] forces were withdrawn from Lyman to more advantageous defences.' Footage posted



**ATROCITY:** Bodies being removed from a road in the southern Zaporizhzhia where Russians missiles 'almost certainly' hit a civilian convoy last Friday. Below: Charred vehicles at the site



**JUBILANT:** Troops raise a Ukrainian flag in the city of Lyman in eastern Ukraine yesterday

on social media by President Volodymyr Zelensky's head of office Andriy Yermak showed Ukrainian soldiers raising their blue-and-yellow national flag on the edge of the town.

The town will now be used as a staging post as Kyiv attempts to advance into the Luhansk region.

Professor Michael Clarke, former director-general of the Royal United Services Institute think-tank, said Russia had suffered its biggest battlefield setback since defeats to Nazi Germany in 1943.

'They haven't had a brigade-level defeat like this since the Second World War. They were defeated in Afghanistan but that was a guerrilla war.'

Prof Clarke said Kadyrov's comments about nuclear weapons did not increase the likelihood that such devastating weapons will be used. 'He is borderline insane. He

thinks he has enormous influence in Russia - and he doesn't. We are a long, long way from the use of tactical nuclear weapons.'

The United States has warned there would be 'catastrophic consequences' for Russia if it used nuclear weapons. A Ukrainian source close to the presidential administration said Ukraine believes that Putin would first use other weapons of mass destruction, such as chemical weapons.

Ukraine's retaking of Lyman comes after Moscow used rigged referendums to illegally seize Luhansk, Donetsk, Kherson and Zaporizhzhia in eastern Ukraine on Friday.

A western security source said that the annexation of the four Ukrainian regions and Kyiv's battlefield successes 'make this the most dangerous period of the conflict since it began last February'.





**MINI MAHATMAS:** Boys pay tribute to Mahatma Gandhi yesterday. Wearing his distinctive wire-framed glasses and white 'dhoti' loincloth and carrying his iconic staff, they gathered by a statue of India's independence hero at the Egmore Museum in Chennai to mark the 153rd anniversary of the birth of the 'Father of the Nation', inset

# King scraps eco-summit visit 'after Truss objects'

By **Brendan Carlin**  
and **Kate Mansey**

**KING CHARLES** has ditched plans to attend a major climate change summit next month after Liz Truss told him to stay away, it was claimed last night.

The new King, a veteran environmental campaigner, reportedly scrapped plans to speak at the COP27 meeting in Egypt after the Prime Minister objected.

Last night, Buckingham Palace sources confirmed that Charles was no longer attending the event which he had planned to when he was Prince of Wales.

But the sources denied he had been ordered not to go by the PM and instead insisted he had sought the advice of No10. The sources said the decision for the King not to attend had been unanimous.

They also suggested that this was the first sign of Charles embracing his new role as King, after he indicated that he would step back from much of his campaigning work now that he was the sovereign.

A source said: 'There is no suggestion of any row.'

'Whether members of the Royal

## Can Harry's memoirs be stopped?

By **Kate Mansey**

**PALACE** aides have been discussing ways to stop Prince Harry publishing his memoirs.

There is said to be deep concern that the book will contain damaging revelations despite suggestions that he is seeking to tone it down.

It is part of a presidential-style strategy launched by aides that will focus on the crucial first 100 days of the reign.

A friend of the King said: 'The question inside the Palace is: "Can the book be stopped?"' It may be that even Harry

can't stop it at this stage but the feeling at the very top is that there's no good that can come of airing grievances in public.'

Lawyers to the Royal Family at the firm Harbottle and Lewis are expected to be on standby to read the book when it comes out.

But it is highly unlikely the King would wage a legal battle against Harry, whose £36million deal with Penguin Random House may mean he is unable to

stop it. It comes at an important time in the King's reign.

A Palace source said: 'His Majesty will build on the points he has expressed to the nation: now that the period of mourning is over, he will support diversity, promote community spirit and protect the space for those with faith and those without.'

'He is mindful that, as King, his interests and passions will continue but that... some of his previous commitments will now continue in the trusted hands of others.'

Family attend or not is up to the Foreign Office.'

Downing Street sources also dismissed reports that Ms Truss had told the King not to attend, saying: 'The idea that the PM can order the King what to do is ridiculous.'

However, The Sunday Times reported that Ms Truss had objected to him taking part in the Sharm-

el-Sheik gathering during a personal audience last month.

The report said there had 'not been a row' but quoted a senior Royal source that the decision was made on the Government's advice and was 'entirely in the spirit of being ever-mindful as King that he acts on Government advice'.

The source told the paper: 'It is

no mystery that the King was invited to go there.'

'He had to think very carefully about what steps to take for his first overseas tour, and he is not going to be attending COP.'

Charles was reportedly still determined to make his influence felt at the summit. A senior Royal insider said: 'Just because he is not in phys-

**Thompson**

LOOK... I'VE GOT ONE OF THOSE NEW KING CHARLES COINS



ical attendance, that doesn't mean His Majesty won't find other ways to support it.'

Another source told The Sunday Times: 'The Queen gave an entirely non-political address at COP last year... it sounds like he is not being given the choice.'

'That is an error of judgment on the part of the Government.'

It was not clear last night whether Prince William would attend.



# How much agony

A heart-rending dispatch from the rain-lashed moors as new police hunt for Keith Bennett enters third day

BY IAN GALLAGHER

CHIEF REPORTER, ON THE MOORS

HOW many times did that poor woman – picking her way over peaty Saddleworth Moor, looking for her 12-year-old son Keith – skirt the spot now marked by two blue tents?

It is an inescapable thought. Winnie Johnson went to her grave a decade ago never surrendering hope that her son Keith Bennett would be found. Not alive, not that miracle, but whatever remained of him after Ian Brady and Myra Hindley pulled up in a van as he walked to his grandmother's house in Manchester one day in June 1964, lured him inside with sweets, then sexually assaulted, strangled and buried him in a shallow grave.

The Daily Mail exclusively revealed on Friday that author Russell Edwards believes he has located the youngster's makeshift grave following 'extensive soil analysis' which indicated the presence of human remains.

Mr Edwards believes that Brady meticulously planned where to bury his victims because he wanted

**'God love them, looking for the poor boy's bones'**

to create the shape of a swastika. The author believes that Brady, obsessed with Nazism, deliberately arranged the graves so that he could create the swastika shape.

Suspected human remains – including what experts believe to be a child's skull – are reported to have been found. What else, if anything, the site shielded by the police tents may yet yield remains to be seen. Nothing more was forthcoming yesterday when a cluster of forensic officers, who appeared from our vantage point beside the Oldham to Holmfirth A635 main road as tiny, distant figures, toiled under sullen skies. Hopefully they work in emotional detachment.

'God love them, up there on that hill, knowing that dreadful story, looking for that poor boy's bones,' said Dawn McDermott, 79, as a police car drove past her in a nearby village.

Progress, hampered by erratic weather, was slow. Work began at 9.30am, with fire crews using pumps to drain a waterlogged patch of land. Using pickaxes, spades and

sieves, officers collected potential evidence. Slabs of soil were carefully removed and bagged.

It had been Winnie's dearest wish to take her boy 'from the place his murderers buried him' and give him a proper funeral, then lay him to rest in a grave of her choice.

Always looming and receding in the distance, Saddleworth Moor was inescapable to Winnie after Keith's disappearance. Many times later she was drawn to it, in particular that gnarly, inhospitable knoll where Brady dispatched his young victims. She pinned teddy bears and flowers to fences to mark

anniversaries. She launched heartfelt appeals before TV cameras.

Then there were the times when new information brought police dogs sniffing for death, and when Brady, let out of prison for the day, wrapped against the cold, played his cruel games, pretending that he would take police to graves, only to feign last-minute forgetfulness.

If she were still alive today, Winnie would have followed every TV and radio bulletin, if not taken herself up to the moor itself. The baton has been passed to another son, Keith's younger brother Alan, who shares his mother's indefatiga-



**GRIM WORK:** Saddleworth Moor and four of Brady and Hindley's victims. Author Russell Edwards believes that using a kink in the road, Brady deliberately located the graves to create the shape of a swastika. Inset left: Forensic worker yesterday. Above: Firemen with pumping equipment

ble spirit. He knows never to be ruled by hope alone. And so he waits for conclusive evidence.

What emerged yesterday wasn't exactly promising. In a statement Greater Manchester Police (GMP) said photographs of the site which showed what had been interpreted as a human jaw bone had not led to physical evidence being examined. Of all the victims of Hindley and Brady, that wicked duo, Keith is perhaps the most memorable because of a photograph that freezes him in time as an impish schoolboy staring out at us through wire-framed NHS glasses.

Made to circle a child's ears to stop them falling off, the spectacles' arms curved inwards and pinched Keith, who was short-sighted, causing him discomfort, just as they did thousands of other kids.

He broke them on a school trip

two days before he disappeared and for years they remained in a drawer at his mother's home. She hoped to bury them, with him. On a wall of her home hung a poem:

Scan the QR code for our video of the search



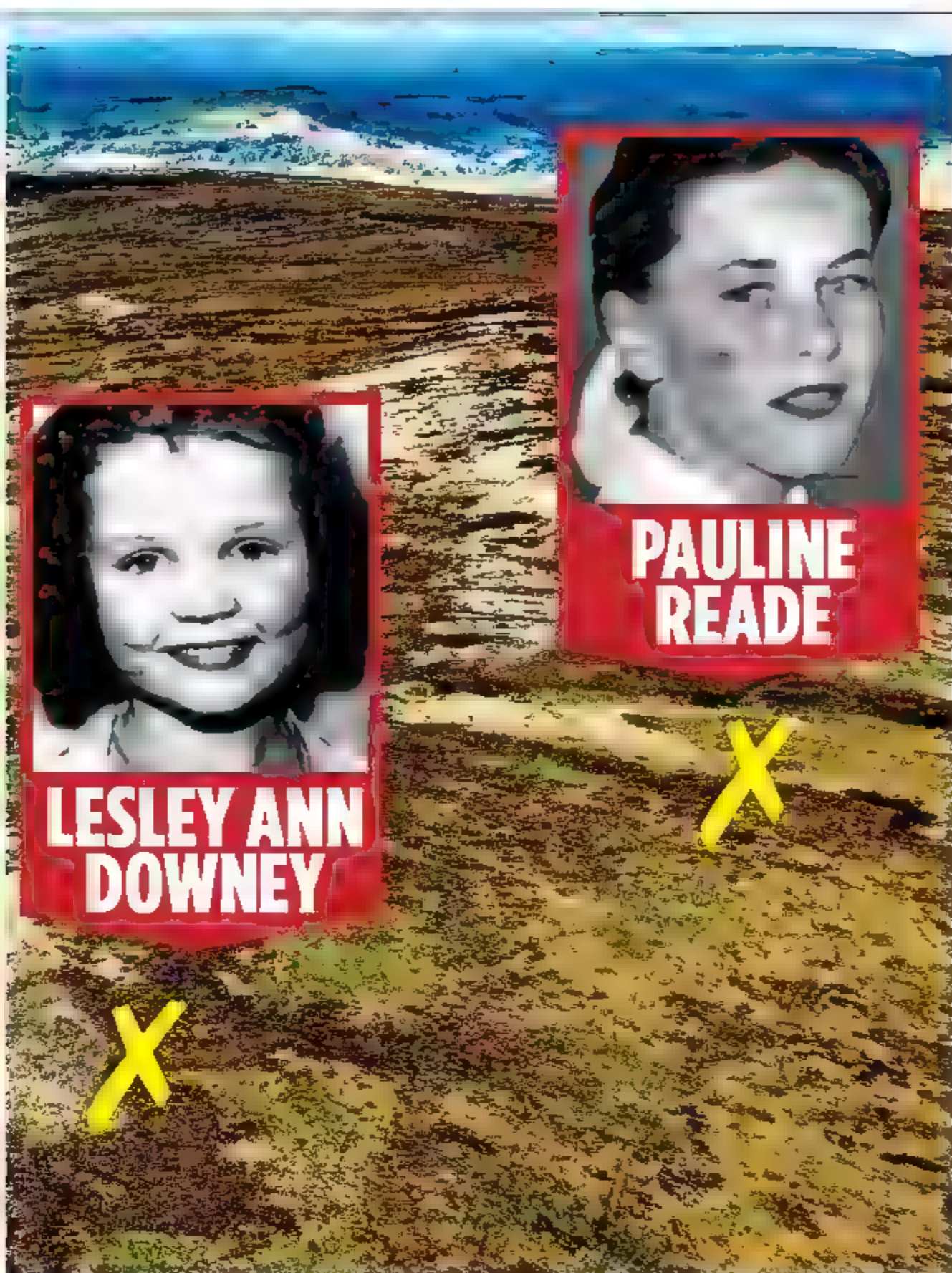
'From that day to this / I pray both day and night / That I will find my Keith / And lay his soul to rest.'

In the end, when time ran out, the glasses were buried with Winnie.

Knowing that the secret to her son's whereabouts rested with Brady, she wrote to him several



# can a family take?



BRUCE ADAMS

times, once sending him a DVD telling him about her cancer. He never replied but did so previously in 2005, when he expressed neither remorse nor clues, just complaints about his situation at Ashworth hospital and idiotic notions of political conspiracies against him. In 2006 he claimed he had 'clarity' about where he buried Keith, but it came to nothing. In 2009, he wrote to Winnie again saying the police had 'bungled the search' adding, in a final pain-inflicting barb: 'This is my last word on the matter.'

Winnie also wrote to Hindley in 2002 and said at the time: 'I begged [her] to tell me where Keith's grave was, but in my heart I knew she was a wicked sadist who would never tell and would take her terrible secret to the grave.'

Despite agreeing to help locate Keith's body, Hindley failed.

Standing by the side of the road overlooking the excavation site and beyond it Dovestone Reservoir in the distance yesterday, it was impossible not to think of Hindley.

Could it be that from a similar spot she watched Brady lead Keith to his death? She once recalled the moment to an author, saying: 'I remember thinking then, as I later said to the police, that he looked like a little lamb being led to the slaughter.'

Alan, too, searched the moors for years with his siblings and volunteers, and he, too, corresponded with Brady and Hindley to no avail.

He set up a website dedicated to his brother on which he wrote

that Keith was 'one of life's more sensitive souls', adding: 'Keith was an ordinary, uncomplicated child, with his head in the clouds... He lived for the natural world and animals.'

In yesterday's statement, police said: 'Following information received which indicated that potential human remains had been found on the moors, specialist officers have today resumed excavation of a site identified to us. This information included photographs of the site and show what experts working with the informant have interpreted as a human jaw bone.'

'No physical evidence of a jaw bone or skull has been examined. However, based on the photographs and information provided, and in line with GMP's usual practice to follow up any suggestion of human burial, we began our search of the site of interest.'

'We have not found any identifiable human remains but our work to excavate the site is continuing. Conditions are difficult and it may take us some time to complete the excavation fully but we are committed to ensuring this is undertaken in the most thorough way possible.'

Between July 1963 and October 1965, Brady and Hindley murdered Pauline Reade, 16, John Kilbride, 12, Keith Bennett, 12, Lesley Ann Downey, ten, and Edward Evans, 17, and buried their bodies on Saddleworth Moor. The couple were jailed for life in 1966. Hindley died in 2002, aged 60. Brady, who was Britain's longest-serving prisoner, died in May 2017, aged 79.

**I** WAS just 13 and growing curious about the world when, in 1963, we heard the first reports that two young people had disappeared.

At the time I was used to magnificent amounts of freedom, just like any other girl of that age in that era. My mother was very relaxed about me spending time with friends. We went for long, unsupervised, walks in the woods around the South Yorkshire town of Barnsley, where we lived. I'd never considered that anything bad might happen and my friends were the same. It was - or it felt - a lovely, safe, protected world.

Then everything - and I mean everything - changed. On July 12 of that year, 16-year-old Pauline Reade disappeared on her way to a dance. She was still missing when, on November 23, there was yet more disturbing news, which we read in the papers and heard on the radio.

A 12-year-old boy called John Kilbride had vanished on the way home from his job on the market at Ashton-under-Lyne, a town on the edge of Manchester, in the shadow of the moors. It was just 30 miles away from us. A sense of danger was creeping in, something I'd never felt before. My mother was palpably anxious.

Then, in June the following year, 12-year-old Keith Bennett disappeared after leaving his home 33 miles away in Longsight, Manchester, to visit his grandmother nearby. Suddenly my freedom was severely restricted. My mother wanted to accompany me - everywhere.

If I was allowed to leave home at all, I had to assure her that I'd be with at least two friends. I got daily warnings never to speak to strangers. Never accept sweets. And never, ever get into a car with someone I didn't know.

**T**HE suspected discovery in the past few days of remains on Saddleworth Moor has brought back so many memories of the fear that blighted my teenage years - and those of so many other girls, boys and families at that time. It has also caused the horror we felt when we finally learned what had happened to those children to come flooding back with a vengeance. It was a lifetime ago but somehow feels like yesterday.

It wasn't until 1965 that we would hear the names of Ian Brady and Myra Hindley, of their other victims, Lesley Ann Downey and Edward Evans, or of 'the Moors murders' as their sadistic killings became known. These depraved crimes against children, every parent's nightmare, were a turning point - for all of us.

Not only had we been confronted with the true depth of human depravity, but a woman, Myra Hindley, was at the heart of them.



INNOCENT TIMES: Jenni as a schoolgirl with her mother

## The terror of being a teen in the shadow of Brady and Hindley

By **JENNI MURRAY**

AUTHOR AND BROADCASTER

It was the gruesome killing of 17-year-old Edward Evans that finally brought the two killers into the open.

Edward had been bludgeoned 14 times with a hatchet in Brady's front room and then strangled - brutality witnessed by Hindley's brother-in-law, David Smith.

Horried, he told police, who found Evans' body wrapped in a plastic sheet together with the murder weapon. They also found Brady's books on sadism and

sexual perversion, and plans for disposing of the teenager's body.

The name of John Kilbride was found in a notebook. In October 1965, his body and that of Lesley Ann Downey were found buried on Saddleworth Moor. By April the following year, Hindley and Brady were pleading not guilty at Chester's imposing Crown Court, but the evidence against them was incontrovertible.

Quite aside from the eyewitness evidence of David Smith, the police had found a left-luggage ticket at Brady's house. At Manchester's Central Railway station, two cases were discovered containing pictures of a naked ten-year-old - Lesley Ann Downey - and a tape recording of her pleading for her life, begging

**'The depraved crimes were a turning point for us all'**

Turn to Page 21 ►►



# 'He's Tony's puppet!' Anger of the Labour Left as Keir brings back key Blairites



'NEW LABOUR MAKEOVER': Sir Keir Starmer

By **Glen Owen**  
and **Brendan Carlin**

SIR Keir Starmer was branded 'Tony Blair's puppet' yesterday amid fury over key New Labour figures being right back at the heart of his drive to power.

The Mail on Sunday understands that Sir Tony Blair is playing an active role in drawing up Labour's new agenda - especially its health policies.

Labour sources also said that Peter Hyman, who was the ex-Prime Minister's speech writer, is co-writing the party's next General Election manifesto.

The revelations come on top of Left-wingers' fears that the so-called New Labour 'Prince of Darkness' Peter Mandelson is also intimately involved in the Starmer project.

Last night, one senior Left-wing MP said: 'This confirms what we already knew - Starmer is just Tony Blair's puppet.'

'Starmer stood on a Left-wing, Corbyn continuity platform but he's ripping all that up to allow a New Labour makeover of the party.'

However, Starmer loyalists hit back last night by insisting Sir Keir was his own man and not in hock to Sir Tony or any previous leader.

They also pointed out that Sir Keir himself said last week that he was comfortable with his party being closer to Sir Tony than Left-wing predecessor Jeremy Corbyn.

Labour soared into a 33-point lead over the Tories last week - its highest since the Blair years in the 1990s - after its annual party conference.

Sources at the four-day rally in Liverpool disclosed that Sir Tony has been advising Shadow Health Secretary Wes Streeting on key policies on how to reform the NHS. One source said: 'Tony has been helpful,

very helpful.' But to make matters worse for Corbyn loyalists, key Starmer allies are privately advising him to capitalise on his current dominance over the party by 'purging the Left' before the next Election.

One said: 'Whether we're in a minority government or with a majority, we can't have 20 or so hard-Left MPs holding us back and telling us what to do.'

The Starmer ally also called on Sir Keir to move against Momentum, the hard-Left grassroots organisation which backed Corbyn.

Some members of Sir Keir's Shadow Cabinet privately believe

## 'Can't have 20 hard-Left MPs holding us back'

that earlier this year, the party leader missed the opportunity to withdraw the whip from 11 Left-wing MPs who had signed a Stop The War letter criticising Nato over the Russian invasion of Ukraine.

Last night, party sources said former policy director Claire Ainsley was 'leading on the manifesto' while Mr Hyman was 'providing general advice in the Leader's office'.

Asked last week whether he was comfortable saying Labour was closer to the party of Sir Tony than to Mr Corbyn's, Sir Keir said: 'I certainly hope so, because Tony Blair won three Elections and I want us to win the next Election.'

## Corbyn 'to lose his seat to former MP'

By **Claire Ellicott**

JEREMY CORBYN is likely to lose his seat to a Labour MP who blamed his leadership for her defeat at the last election.

The Islington North MP - who was suspended by the party over an anti-Semitism row - is said to be planning to stand as an independent.

Mary Creagh - a former Shadow Minister and committee chairman - is understood to be the frontrunner to become Labour's candidate.

She angrily confronted Mr Corbyn after losing her constituency of Wakefield in 2019 when Boris Johnson won an 80-seat majority.

Sources in Islington North say she is Labour's choice to succeed Mr Corbyn ahead of the next General

Election, which is likely to be in two years' time. She is believed to be considering the 'option' of standing in the seat - one of the safest in the country - having decided against returning to her former constituency.

Ms Creagh, a former Islington councillor, quit the frontbench when Mr Corbyn was elected as leader. Following her defeat in 2019, she confronted him outside Parliament.

She told the BBC: 'I wondered why he was smiling and joking when I was in the Commons making my staff redundant before Christmas.'

Mr Corbyn declined to comment.

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# Strictly favourite? Will used to dance 'like David Brent'

HE'S a favourite to pick up this year's glitterball but in the past Will Mellor's dancing has been compared to The Office's David Brent.

The Hollyoaks actor, 46, who last week topped the Strictly leader board with 34 points, has left his friends laughing at his embarrassing moves in nightclubs.

Jeremy Edwards, his co-star on the Channel 4 soap, said: 'Will isn't a stage school kid, he's just done acting. He is very good at doing funny, silly David Brent-type dancing. He's like a dad at a wedding.'

'But I've never seen him dance sober, so now will be interesting.'

'He is definitely not a trained

By **Katie Hind**

CONSULTANT EDITOR  
SHOWBUSINESS

dancer and he had to practice for his first dance on his wedding day.

'His wife is a professional dancer and she can give him some tips while he is on Strictly.'

Mellor was last night described as 'exceptional' by Strictly judges following his salsa to Luther Vandross's *Never Too Much*.

But he and partner Nancy Xu were disappointed after they dropped eight points from last week, with 26 out of 40. The

dance was risqué, with Mellor unbuttoning his shirt at the end but Edwards says there is no way he will fall for the Strictly curse which has ruined several marriages since the show began in 2004.

Mellor has been married to Michelle since 2007 and their children are Renee and Autumn.

Edwards, who met Mellor in 1996, said: 'I know Michelle very well and those two are so much fun. She understands him like none else.'

'He has got a wonderful family. He came from a very poor upbringing, a council estate. He lost his dad during Covid recently, which made it very difficult because he couldn't



have a funeral.' Ex-footballer Tony Adams left judges in hysterics with his charleston to Lonnie Donegan's *My Old Man's A Dustman*.

He and partner Katya Jones scored 22 points – seven more than last week's 15.

Social media was awash with support for the former Arsenal defender, with fans vowing to vote

**RISQUE:** Will Mellor and Nancy Xu salsa. Left: Tony Adams and Katya Jones's *My Old Man's A Dustman*

for him. Judge Anton Du Beke, a former Strictly dancer, said that he hadn't had 'so much fun' since he 'dragged Ann Widdecombe' across the floor during her stint on the show in 2010.

» From Page 19

Brady and Hindley not to remove her clothes. Crying for her mother.

Played in the courtroom, this tape reduced police and jurors to tears. It was not made available for the rest of us to hear. Perhaps that was fortunate. But we read about it in the newspapers and heard about it on television. Truly shocking.

I remember heartfelt discussions at school about the lifetime prison sentences given to the killers. Had the pair got off lightly? The death penalty had only been abolished the year before. There were a number of us, my mother included, who felt they should have hanged. We were only just becoming aware of feminism and women's rights. Could Hindley truly have been equally to blame for the dreadful crimes in which she had taken part?

Surely, said friends, she was in love with Brady? He'd surely bullied her into playing her despicable part, luring children into her car, asking the young victims to

help her find a lost glove or move some boxes.

Brady had been using her. No woman, they would say, could possibly have taken part in the sexual assault of little girls and boys. But they were wrong. I never had any doubt about her sharing Brady's guilt in full, but it came as a terrible shock to many teenagers and their parents that a woman could be evil in this way. Hadn't we always been told that if we were lost in a shopping centre we must find a lady to help us? Men could be dangerous, we knew that much.

Now, Hindley had taught us another lesson, too: that women could be both dangerous and unspeakably cruel. We each make our own decisions about how to behave. She could have turned away and said no. She did not.

The impact of her crimes continued through my teenage years. Right up until I was 18 and left home for university, my mother's life was racked with fear.

I was allowed to go out with

**'Hindley taught us that women could be unspeakably cruel too'**

friends, certainly, but had to be home on the 10pm bus. I remember her standing at the front window, anxiously watching out for me walking along the pavement, coming home safely.

The reminders were constant, and highly publicised. Brady confessed to killing Pauline and Keith in the late 1980s. With Hindley, he returned to Saddleworth Moor in 1986 and 1987, supposedly to help find the remains of these two children.

For the families left behind, it was unbearable. Pauline was unearthed

in 1987, but Brady never revealed the whereabouts of Keith Bennett, another open wound for his grieving mother, Winnie.

I had the privilege of speaking to her in 1995 on *Woman's Hour*. Her grief was palpable.

At the time, I had a 12-year-old son of my own, but I could only imagine what she'd been through in the years before Brady admitted Keith was one of his victims. How did she cope with not knowing what had happened?

She told me she had hardly left the house for five years, was afraid to let her other children go to school in case they disappeared and she had wanted to die.

What did she do after Brady confessed to killing Keith? She said she had written to him dozens of times begging him to reveal her child's whereabouts. He refused.

She thought, as so many had, that Hindley, as a woman, would have had more sympathy.

Winnie said it took her five weeks to write the letter to Hindley, tell-

ing her she was a simple woman who worked in the kitchens at Manchester's Christie cancer hospital.

Here was a hard-working northern woman whose life had been destroyed by two of the most wicked people imaginable. I wanted to hug her and cry with her. Her grief was unbearable.

But from Hindley, she got nothing. Denying Winnie what she had begged for was the final cruelty from these two evil people.

Barnsley is just 22 miles from the Moor and I often felt a dreadful chill as, driving along the A635 to and from my home town, I passed the place where it was believed Keith might be.

And I wept when Winnie died at the age of 78 in 2012, never having the chance to find her son.

There is now a chance that he has been found and that proper burial his mother longed for might happen.

Please let those apparent remains be Keith's and let both him and Winnie rest in peace at last.





**GRIDLOCK:** Eco-protesters block Westminster Bridge yesterday at the start of an October long 'uprising' in a bid to paralyse the capital

# Harebrained hysteria of eco-zealots who call UK 'genocidal'

ECO-PROTESTERS who smear the government as 'genocidal' paralysed central London for hours yesterday as they unleashed a planned month-long campaign of mayhem.

Members of the group Just Stop Oil occupied four bridges in the capital, causing gridlock on busy roads, before converging on Parliament.

The protests were the start of an 'October uprising' revealed last week in an undercover investigation by The Mail on Sunday.

Just Stop Oil boasted it had 'brought central London to a standstill by blocking four key bridges to Westminster - Waterloo, Westminster, Lambeth and Vauxhall.

'This is not a one day event. This is not a symbolic day out, this is an

By **Natasha Livingstone** and **Sam Merriman**

Stop Oil member warned activists plan bigger disruption today, saying: 'It will be more spicy. We plan to get more people arrested tomorrow. Today it is just getting started.'

In Hatton, former medical student Maddie Budd, 21, poured what she said was human faeces on the memorial to Captain Tom, 100, who became a national hero during the pandemic.

Posting footage of her protest, Budd, who belongs to a group called End UK Private Jets, said: 'Every time one [private jet] takes off, it pours a bucket of s\*\*t and blood on to everything Captain Tom stood for.'

Her action was condemned as 'disgusting' and 'sick' by social-media users.

The Mail on Sunday can reveal that the Unite union, Labour's biggest backer, is supporting Just Stop Oil.

At an online meeting on Friday night ahead of the protest, a union official pledged to help pay legal fees for members who are arrested at protests or face trouble at work because of activism.

The Unite spokesman also endorsed stopping all oil use now - a move which would threaten the jobs of many union members.

During the meeting, regional Unite officer Gareth Lowe said: 'We need to just stop oil now.'

'This is about a corrupt, far-Right government looking to protect the interests of the rich.'

'Collectivism, be that through non-violent direct action or trade union membership, can help to provide the solutions.'

**'It'll be spicier, we plan to get more people arrested'**

act of resistance against this genocidal government'. In Hatton, Derbyshire, supposed human excrement was poured over a statue of £32 million NHS fund-raiser Captain Sir Tom Moore by a young woman demanding an end to use of private jets.

Just Stop Oil is a rag-tag coalition of Extinction Rebellion, Insulate Britain, Jeremy Corbyn's Peace and Justice Project and other groups.

The mob who blocked bridges were eventually moved on by police.

At King's Cross, former Labour leader Mr Corbyn addressed activists who then set fire to fake energy bills in metal bins in protest at rising gas and electricity prices. One Just

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# Amid growing reports of traumatic encounters at stores from Primark to M&S, feminist campaigners demand... Stop making women share changing rooms with men

By Sanchez Manning, Molly Clayton and Sophie Macdonald

MPS are urging major high street stores to scrap unisex changing rooms following a surge in women suffering traumatic encounters with men.

Last week Charlotte Kirby, 25, posted a video tearfully revealing how two men had walked in on her while she tried on outfits at a unisex changing room at Primark in Cambridge.

Now a Mail on Sunday investigation has found that her ordeal is common, unearthing repeated distress at M&S and rival chains with no sex-segregated spaces.

One mother said that while taking her teenage girl to M&S for her first bras, they encountered a man emerging from a cubicle with his testicles exposed.

Another mother tweeted how at another M&S store, in Exeter, a man left open the

## 'Predatory men have an open door to vulnerable women'

door of his cubicle in the 'gender-neutral' changing rooms, exposing himself as he tried on trousers without any underwear.

A woman complained and the man was then escorted out, while protesting.

Another mother said she had banned her 13-year-old daughter from going clothes shopping alone after discovering her local H&M provides only unisex changing rooms.

On Mumsnet, a woman recounted how she had been secretly filmed in a unisex changing room.

Our investigation has uncovered many criminal cases involving sexual assaults, voyeurism and harassment in unisex changing rooms.

This year a Met Police officer was given a suspended prison sentence for covertly filming a woman in a Primark dressing room. H&M,

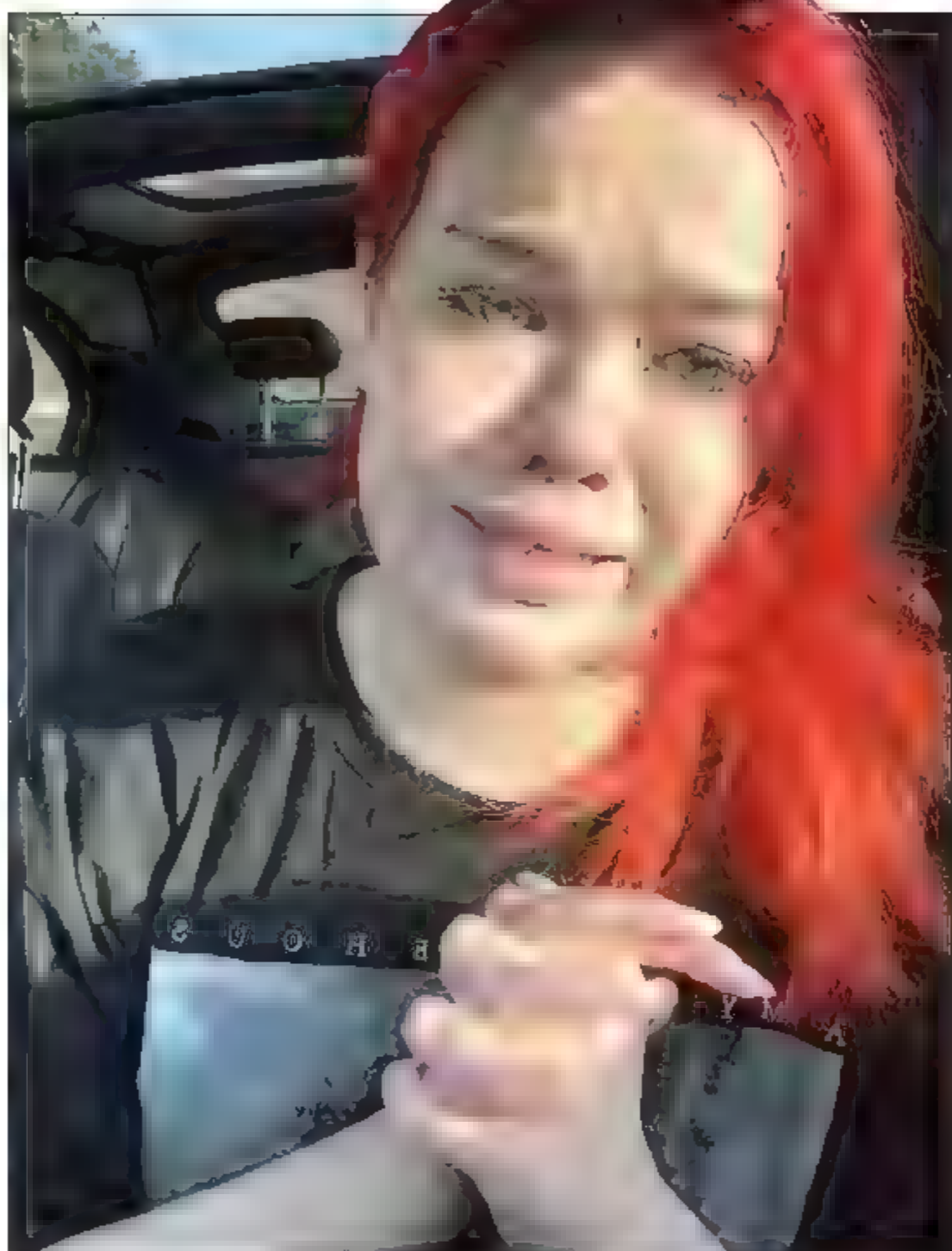
John Lewis, M&S, Monsoon and Primark no longer offer female-only spaces after transgender activists called for unisex changing rooms – despite a survey showing that 98 per cent of the public wanted single-sex spaces.

Tory MP Miriam Cates said: 'Nobody is saying all men are a risk but if you are a predatory man you now have an open door – literally – to vulnerable women in a state of undress. I really hope these

big companies wake up to what they are doing because it is not safe.'

Labour MP Rosie Duffield said: 'It's completely unacceptable for major retailers to deny women and girls a right to change in private.'

And women's rights campaigner Maya Forstater said: 'There are men who will take advantage of opportunities for voyeurism, exposure and spying with mobile phones. Retailers should not be afraid of having clear signs and



TEARFUL: Charlotte Kirby tells of her ordeal at Primark in Cambridge

## 'A PERVERT FILMED MY DAUGHTER OVER THE TOP OF THE CUBICLE'

A MOTHER has told how her 18-year-old daughter was filmed by a pervert in unisex changing rooms at H&M.

Nicky Dobson told our investigation that the man performed a sex act while he filmed from an adjacent cubicle at the South of England store.

She said: 'My daughter was in a changing room which was not labelled as male or female.'

'The cubicles had lockable doors but there were spaces over and under the partitions. I was standing a few feet away.'

'The man was filming over the top of the cubicle – he'd stood on a stool to hold his phone over the top.'

'I'm amazed I couldn't see it,

as I was just outside the cubicle. We were unaware at the time but were later informed by the security guard and police that he had been performing a sex act in the cubicle, while he watched the footage on his phone.'

Ms Dobson urged stores wishing to support people who feel uncomfortable in single-sex changing rooms to offer customers a third, safer space.

She said the current situation 'allows predatory men access to women and girls' safe spaces', adding of the stores: 'In the face of sex offences on their premises, they continue to ignore a huge number of complaints from women.'

saying No to men who want to undress with women and girls.'

Emma Salmon, of Woman's Place UK, added: 'Retailers must not override or minimise women's need to feel safe in public. Policies that assert the right of women to privacy and dignity in public spaces must be reinstated immediately.'

Following huge criticism after Charlotte Kirby's video of her ordeal in Cambridge, Primark said last night that it plans to reinstate 'a dedicated fitting room area for women' as well as continuing to provide unisex changing areas.

It said larger stores would have separate women and men's changing areas. In smaller shops, men and women would use the same entrance but be directed to different corridors of cubicles.

In addition, cubicle curtains will

be made longer with mechanisms to hold them 'firmly in place'.

Nicola Williams, of the group Fair Play For Women, said: 'If Primark still thinks "women-only" can include men who say they are "women", their solution is a sham.'

H&M said its changing rooms would stay unisex. A spokeswoman said: 'We strive to be inclusive and we allow customers a choice of which fitting room to use.'

M&S said: 'We have fitting rooms in our womenswear and menswear departments and each is made up of individual, lockable cubicles to ensure everyone feels comfortable and has the privacy they need.'

'While they are mainly used by customers of that gender, as an inclusive retailer and in line with most other retailers, we allow customers the choice of fitting room.'

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By Mark Hookham

AT LEAST 11 students at a top university have taken their own lives in the past six years, The Mail on Sunday can reveal.

The grieving parents of one of the students will this week claim at an inquest that staff at Exeter University did not do enough to help their son – despite warnings that he was distressed.

Harry Armstrong Evans, 21, a bright physics and astrophysics student, took his own life in June 2021 after he failed some of his third-year exams in lockdown.

His parents, Rupert and Alice, say he was upset at the university's decision to cap his marks if he re-sat the exams and will claim

**'He didn't want to die but felt he had no way out'**

that they were 'fobbed off' when they attempted to sound the alarm about his mental health. In an interview with The Mail on Sunday, Rupert and Alice Armstrong Evans urged Ministers to adopt 'Harry's Law', which would force coroners to inform universities when they record a suicide verdict and for universities to publish the figures.

'Had I known there had been other suicides at Exeter, I would have immediately asked questions,' Mr Armstrong Evans said.

After questions from the MoS, Exeter University said it was aware

# Student who took life in lockdown was one of eleven in just six years at top university

of 11 student suicides between 2016/17 and 2022/23.

Louis Appleby, a professor of psychiatry at Manchester University who advises the Government on its National Suicide Prevention Strategy, said that with a population of 25,000 students at Exeter, 'you would expect only three suicide deaths over four years'. But he cautioned that it is hard to be certain about figures from individual universities because small numbers fluctuate and comparisons with other institutions are imprecise.

Harry was the second astrophysics student at Exeter to take his own life in four years. Joel Rees, 20, was found dead at his student

home in June 2017. After being forced to spend much of his second year at home in Cornwall because of the pandemic, Harry returned to Exeter in January 2021 for his first set of four exams in his final year. He failed to pass any of them.

He was told that he could re-sit them but that his marks would be capped at 40 per cent. 'I believe that this was the start of the final trigger for Harry and set the scene for his subsequent suicide,' Mrs Armstrong Evans said.

In May 2021, she alerted the university's Wellbeing Services that she was concerned about her son and claims she was told that someone would make contact with Harry.

**INQUEST:** Harry Armstrong Evans was just 21 when he died

He later told his parents this never happened, it is claimed. He returned to the family home in June 2021 and took his own life four days later.

Mrs Armstrong Evans, 63, added: 'I don't think he wanted to die, I just think he felt he had no way out. I just feel privileged that I've known such a beautiful person.' Mr Armstrong Evans, 72, said: 'The combination of lockdown and being let down, it's the fatal combination.'

A university spokesman said: 'We are deeply saddened by Harry's death and the family's loss. The

university is fully engaged with the coroner's inquest this week... It would be completely inappropriate to comment further until the inquest has concluded.' He added that the university has invested significantly in student welfare and provides support services seven days a week both on campus and in the community, including throughout the Covid-19 pandemic.

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# Clegg makes £3.6m profit on Silicon mansion

SIR Nick Clegg has made a £3.6million profit after selling his luxury Californian mansion.

The former Deputy Prime Minister bought the five-bedroom home for £6.7million in December 2018 when he moved to Silicon Valley to join Facebook as its vice-president for global affairs.

Clegg, now president of global affairs and communications for Meta, as Facebook has been rebranded, sold the house in Atherton, America's wealthiest town, four days ago for £10.3million. The former Liberal Democrat leader is reported to be on a £2.7million annual salary, with £10million in share options.

The property 'makes a commanding first impression', says estate agent Christie's International, which describes it as a 'jewel' that is 'framed by verdant lawn and white roses'.

Earlier this year, Clegg, 55,

From **Caroline Graham**

IN LOS ANGELES

announced he was moving back to London for personal reasons, which included wanting to be closer to his elderly parents.

His wife Miriam, 54, an international trade lawyer, has repeatedly complained about life in the States, once comparing Silicon Valley to the Vatican, saying: 'It's slightly insular, massively wealthy. It's not so diversified and is mostly run by men.'

The couple's three sons are also believed to be moving back into the family's £3million home in West London.

But they have not totally severed ties with Silicon Valley after snapping up a £1.5million two-bedroom flat in Palo Alto, close to Meta's HQ, earlier this year.

Clegg's return to Britain comes



**COMMANDING:** Nick Clegg, wife Miriam and the home they have sold

as Meta comes under fire for not taking down harmful posts on Instagram, another of its social-media platforms.

On Friday, a coroner in London ruled that Molly Russell, 14, died in 2017 'from an act of self-

harm while suffering from depression and the negative effects of online content'.

Her father Ian said after the landmark ruling: 'They [Meta] didn't really consider anything to do with safety.'



**EXCLUSIVE**



By **Mark Hookham**

SENIOR REPORTER

PRINCESS Diana's brother warned BBC bosses 17 years ago that disgraced reporter Martin Bashir used underhand tactics to land his bombshell Panorama interview - but was ignored, a newly unearthed document reveals.

An explosive letter released under Freedom of Information laws reveals that in 2005 - ten years after the notorious interview - Earl Spencer warned the BBC that he had a dossier detailing Bashir's deceit.

The letter was addressed to a BBC producer but, crucially, a copy was also sent to Mark Thompson, the Corporation's then director-general. Astonishingly, no one from the BBC acted on the warning and the true extent of Bashir's wrongdoing remained hidden for a further 15 years until the Daily Mail revealed the full details of the dossier.

Indeed, just four months after receiving Earl Spencer's letter, the BBC broadcast a self-congratulatory documentary about Bashir's scoop in which it was lauded as 'a stunning piece of television'.

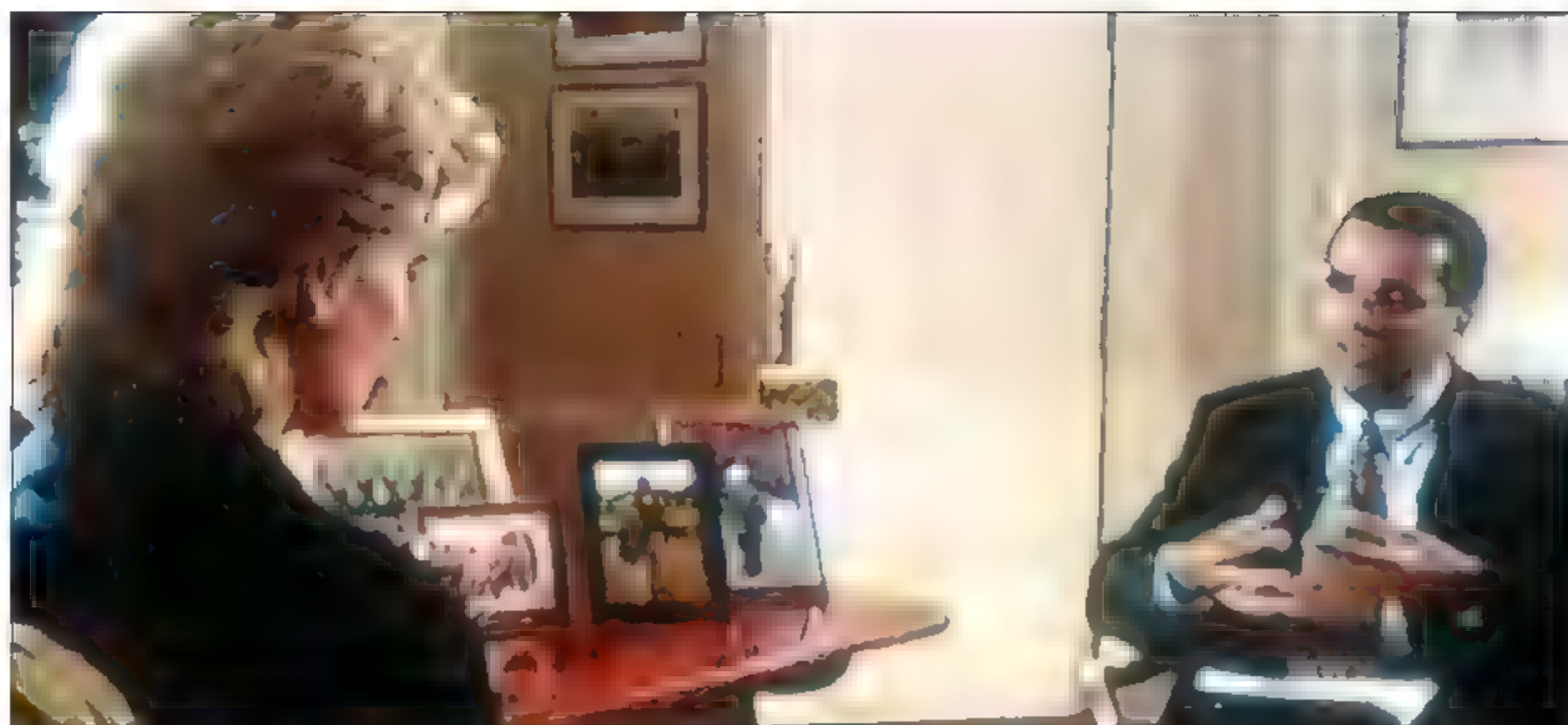
The Mail on Sunday understands the letter was not disclosed to Lord Dyson, the former Supreme Court Judge who published a damning report into the scandal in May last year. A source at the Corporation said it had not been found at the time of his independent inquiry.

'It's astonishing to learn that - 15 years before the scandal broke - the BBC were fully aware that Earl Spencer had a dossier of highly compromising evidence and was more than willing to share it,' said Andy Webb, an investigative filmmaker who helped lift the lid on the Bashir scandal.

'What's deeply disturbing is that this letter from Earl Spencer has lain in the BBC files all this time. If they did not reveal it to Lord Dyson what else may they still be hiding?'

The revelation is the latest extraordinary twist in one of the biggest scandals to hit the BBC. Bashir showed Earl Spencer forged bank statements to gain access to the Princess and then tricked her by

# Diana brother told BBC chief he had damning Bashir dossier 17 years ago - but was ignored



**SCANDAL:** Bashir's interview with Diana, left, in 1995. In 2005, Earl Spencer told Mark Thompson, above, he had proof of Bashir's deception

peddling a string of lies, including lurid claims about Queen Elizabeth, King Charles, Prince Edward and senior courtiers.

BBC bosses knew soon after the Panorama interview aired in 1995 that there were questions over Bashir's tactics but he was cleared after what Lord Dyson later called a 'woefully ineffective' internal investigation.

Lord Dyson said Lord Hall, who was then head of news and current affairs, and fellow BBC boss Anne Sloman made a 'big mistake' by failing to interview Earl Spencer about Bashir's approaches.

Bashir left the BBC in 1999 but he was rehired as religion correspondent in 2016, despite allegations about the methods he used to obtain the Diana interview and concerns over his conduct at ITV and in America, where he had

worked for ABC and NBC. He was later promoted to religion editor.

In July 2005, Arena, a BBC documentary series, was preparing an hour-long episode to mark the ten-year anniversary of Bashir's interview with Diana. Samantha

**'If BBC didn't declare this, what else are they hiding?'**

Peters, a producer at Arena, wrote to Earl Spencer to ask whether he would agree to an interview. He declined, saying: 'Based on the documents I have at Althorp [his ancestral home] including notes I took at the time in my own hand - which prove Panorama's role in this matter to have been less than honest, I must

register my astonishment that the BBC wishes to revisit this moment in its fine journalist history.'

Making clear that he was also alerting Mr Thompson to his concerns, he added: 'I am copying this letter to your director-general, so he can learn the truth about Panorama's methods a decade ago, if they are of interest to him now.'

His warning was a clear reference to the bombshell dossier that he had retained, which showed how Bashir had peddled 32 jaw-dropping smears to clinch his interview, including fabricated claims that Royal nanny Tiggy Legge-Bourke was having an affair with Charles.

The Mail on Sunday understands that no attempt was made to contact Earl Spencer.

Instead, in November 2005, the BBC broadcast its Arena documentary and showed the Panorama

interview again. The programme included footage of Bashir winning a Bafta for the interview, and Steve Hewlett, the former editor of Panorama, calling the interview 'a career moment'.

In 2021, BBC reporter John Ware claimed Mr Hewlett only agreed to be interviewed by Arena if they did not ask him about the bank statements. Ware claimed Mr Hewlett, who died in 2017, was asked about how Bashir met Diana but his faltering response was not broadcast.

Ms Peters and Mr Thompson declined to comment last night.

The BBC said: 'We commissioned an independent, judge-led investigation into the circumstances under which the interview was procured after Earl Spencer came forward to the BBC with new evidence in November 2020. We accepted Lord Dyson's findings in full and made an unreserved apology the day his report was published.'



# An admirable show of restraint in the face of Labour's bigotry

WHEN things go wrong (and they always do go wrong), the people who are of most use are those who calmly set about solving the problem, fixing what is broken and clearing up the mess.

Chancellor Kwasi Kwarteng, in his interview today with *The Mail on Sunday*, is cool and thoughtful about the storm which engulfed him.

He is also commendably frank about the crisis which broke out after his mini-Budget, not trying to pretend that nothing went wrong. And he has some sensible things to say about the economic problems faced by the country and the political problems faced by the Government in the aftermath of those events.

It is clear, as the tumult and the shouting die, that this was not, as some tried to present it, a repeat of the ERM crisis that destroyed the Major Government's reputation for economic competence nearly 30 years ago.

With engaging candour, the Chancellor admits that the

whole thing was done at speed during the strange, urgent and unsettled period following the death of the Queen, when a new and untried Government was very much feeling its way.

His plea that markets are difficult to read is hard to dismiss. But perhaps most crucially, he is able to point out that sterling – already on the way down for months before he even became Chancellor – has now stabilised.

And he makes a strong case that the abolition of the 45p tax rate, which has caused by far the most noise and fuss, was a

minor part of a far bigger package. Britain was simply taxing and spending too much for its own good, with rates at their highest since the austerity Left-wing state run by the 1945 Labour Government of Clement Attlee. Mr Kwarteng's cuts in corporation tax and his laudable and necessary reversal of the National Insurance increase are not being questioned. The crucial capping of energy bills is vital for millions and will shelter many households from impossibly high heating costs this winter.

His willingness to be

interviewed is in itself a sign of a readiness to face the music and to listen to criticism, which will be very necessary at this week's Tory conference. The party and the country are going to need to be reassured quickly as we move inexorably towards the next General Election.

And that Election, when it comes, must surely also take account of the other astonishing event involving Mr Kwarteng last week. The Labour Party have never known what to make of the fact that Tory Cabinets are, in fact, far more inclusive than anything they

have ever managed. Many on the Left seethe quietly about it, though most have more sense than to voice their resentments openly. Now Mr Kwarteng has given his first reaction to the shameful remarks of the (now suspended) Labour MP Rupa Huq, who blurted out that the Chancellor was 'superficially black'. His answer is commendably restrained, unlike Ms Huq's words.

He says simply that some on the Left seem to think that there is such a thing as 'the right sort of black person'. The truth of course is that anti-racist deeds count much more than anti-racist words.

The Left might like the Tory Party to be as it used to be 40 years ago, so that it could claim to be superior. But as it is not, some of its militants deny the reality, rather than accept that it has changed.

This is little better than bigotry, and the contrast between the behaviour of Ms Huq and Mr Kwarteng offers a strong lesson to all those who truly deplore racial discrimination.

## The biggest victim in a TV biopic? The truth

SERIES five of *The Crown* is landing soon and there is already a great deal of chatter about the effects on the Royal Family in the wake of the Queen's death. Just as the country is, broadly speaking, supportive of our new King and his Queen Consort, along comes this bazooka of a storyline: the lead-up to Diana's death.

Charles, it is said, is not treated any more sympathetically in this new series than in the last. There is more hand-wringing and callous infidelity in this portrayal of the disintegration of his relationship with the late Princess.

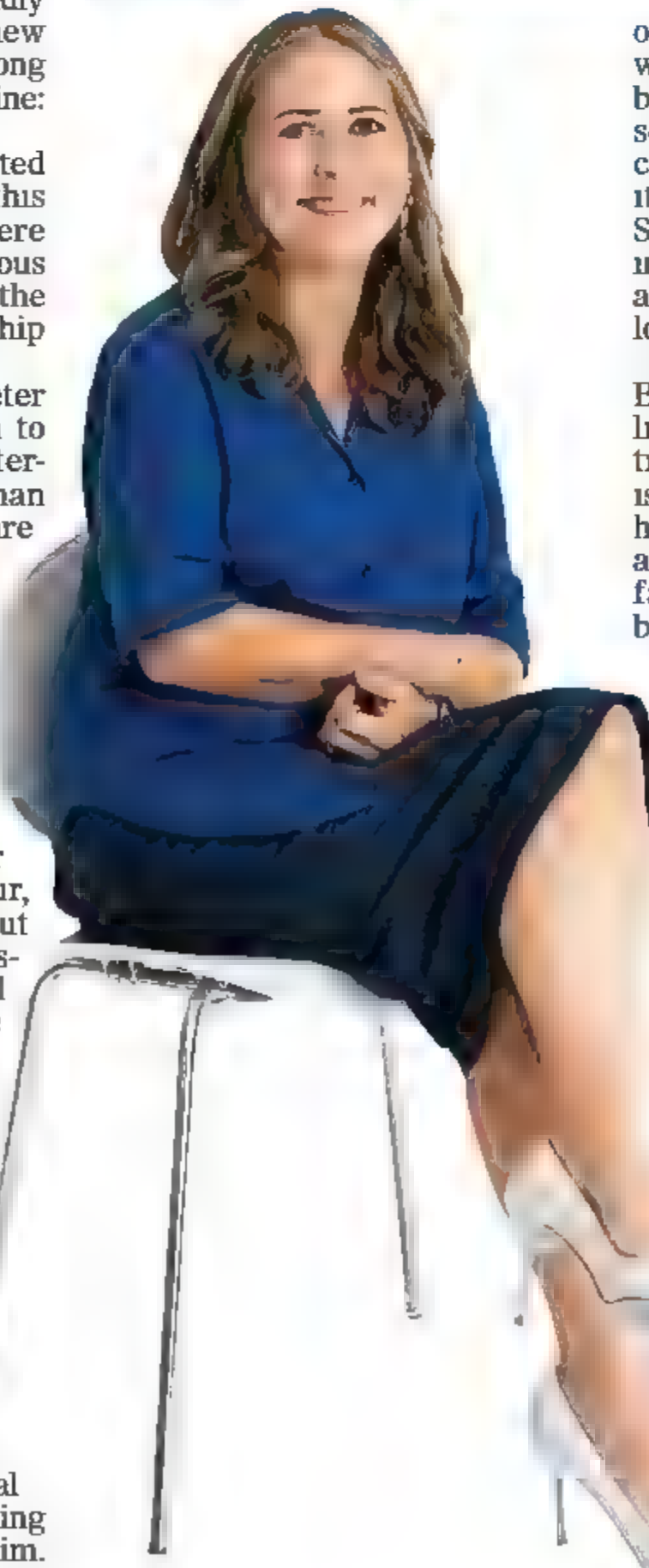
The Crown's producers and Peter Morgan, the writer, are keen to emphasise that this is their interpretation of events rather than factually exact, and deny they are intending to undermine anyone.

In the words of the real Queen in the aftermath of Meghan's Oprah interview bombshells, 'recollections may vary'. The truth, it seems, is anyone's to play with.

Morgan's brilliant jigsaw puzzle of events and their consequences is an artistic rather than purely factual endeavour, albeit heavily researched. But it's hard for most of us to disentangle fact from an imagined narrative. When we watch these television series or movies about real-life figures, with their embellishments, suppositions and supporting fictional characters, it deeply stains our perception of what we consider reality, even if we don't wish them to.

Blonde, the new film about Marilyn Monroe showing on Netflix, is a classic example of the genre, mining every distasteful and grim detail of her life with its portrayal of a woman who existed, according to the film-maker, only as a victim. From her abusive childhood

## Alexandra Shulman's Notebook



onwards, she is shown as a woman with no agency of her own, drifting breathlessly from one terrible scenario to another. With its hallucinogenic touches and flashbacks, it reminded me of last year's *Spencer*, with Kristen Stewart playing a tragic, borderline crazy, self-abusive Princess Diana during her lonely Christmas at Sandringham.

There's a common theme here. Biopics have to have a troubled life at their core. There's not much traction in a story where everyone is getting along perfectly well and having a nice time. Drugs, sexual abuse, mental health issues and family trauma are the bread and butter of the biopic-maker.

This England, the six-part Sky drama featuring Boris, Carrie and the country during the pandemic, is about a dysfunctional institution, our Government, rather than a family.

Was Dominic Cummings constantly threatening to fire classrooms of Spads? Did Carrie always carry Dilyn around like a replacement handbag?

I'm rather enjoying it, but as with all these fictional dramas, any artistic merit they have is drowned by the obsessive desire to work out how much and what is really true.

### Queens of the comeback ball

JERRY HALL appeared at last week's YSL show in Paris in the company of her daughter Georgia May. All twinkling eyes, red lipstick and tousled locks, she was clearly

using the opportunity to show the world that her recent divorce from Rupes had not troubled her.

I remember Wendi Deng doing exactly the same thing a few months after her own marriage to the magnate hit the rocks, appearing front row and at parties under the guidance of Anna Wintour.

Forget the clothes: Paris Fashion Week is the new divorcee's comeback ball. Perhaps MacKenzie Scott, Jeff Bezos's ex, who has just ended her marriage to her children's science teacher, will be heading there for Dior next season.



CAREFREE: Jerry and Georgia May

### A novel solution to help Liz keep calm

HUFFING and puffing around the park on my usual run, an image of Liz Truss flashed into my mind. Was her run similar to mine?

She's got the gardens of Lambeth Palace to jog around, so I doubt she shares the same humiliation of fellow joggers overtaking her and, mortifyingly, some folk who are simply walking. What, I wonder, does she listen to, or does she use the time cooking up the next questionable scheme for the economy?

For the wellbeing of the country, I recommend her to do as I do and listen to Anthony Trollope.

Listening to *The Way We Live Now* – entertaining and educative on the shortcomings of society and politics – is unlikely to leave you so pumped up that you embark on some new, 'controversial and difficult' plan.

### For drama, we don't need the Americans

I LOVE the comparisons being made between Meghan Markle and Nicola Peltz (Brooklyn Beckham's heiress wife) as overbearing American women driving a rift between their husbands and their families. As if we need someone from the USA to cause problems in a British family... most of us are capable of achieving that all by ourselves.

### Fuel rates freeze can save our cosy library

I AM an occasional volunteer at the Kensal Rise community library, an old institution rescued from closure by determined supporters. What a resource the place is. Computers, printers, a jolly good collection of adult and children's books too, not to mention free heat and light. I hope we are going to be one of the beneficiaries of the Government's new freeze on business fuel rates, because otherwise it's hard to imagine how this lovely free-to-access institution will survive.

### Why the quiet rural life just isn't for me

IT'S always at this time of year, when the countryside looks so beautiful, that I think we should move there. How much simpler life would be. How much more at ease one would feel walking into such rural splendour. How much quieter the mind would be without the buzz of the city. And then I remember that the problem is that I would be bringing myself into this pastoral paradise, and that alone would be enough to shatter the peace.

### Those posh voices keep you busy, Amol

RATHER than complaining about the BBC being stuffed with presenters with posh voices, Amol Rajan should be thrilled. If that weren't the case, he probably wouldn't be currently handed every gig going, with his South-London-on-speed delivery far more sought-after nowadays than the Received Pronunciation he so hates.



**W**ITH some opinion polls giving Labour a lead of more than 30 points ahead of Liz Truss's Tories, the prospect of Sir Keir Starmer becoming Prime Minister strengthens by the day.

This represents a remarkable turnaround for a party that has been out of power for more than 12 years and which is still haunted by the poisonous legacy of Jeremy Corbyn's extremism.

It is also surprising, as the Labour leader lacks charisma and struggles to have much appeal to the British public.

Faced with the Conservatives' current meltdown over their mini-Budget, Sir Keir's task is to try to reassure voters about the competence and caution of any future Labour government.

To that end, the party's conference last week promoted its mainstream credentials, even singing the National Anthem and holding a minute's silence to honour the late Queen – acts unthinkable under Corbyn.

But make no mistake, despite this veneer of moderation and soothing rhetoric, Labour's return to power would herald a return of socialism. It would, I believe, bring social

**‘Still haunted by the poisonous legacy of Jeremy Corbyn’s extremism’**

upheaval, conflict and economic decline in its wake.

Echoing Tony Blair – the last Labour leader to win a General Election (and that was as long ago as 2005) – Sir Keir has claimed that Labour is ‘the political wing of the British people’. But, in truth, it remains the creature of narrow vested interests, social-justice warriors and shrill pressure groups, all crying out for taxpayer-funded subsidies and special treatment.

Rather than representing ‘the British people’, Labour, especially in its metropolitan base of London, is still in thrall to woke ideology and class envy. Its activists want to squeeze the rich, open our borders, dump tradition and roll forward the frontiers of the state.

The contradiction between the party's new centrist image and its radical heart can be seen on every front.

Despite being in government during the financial crisis of 2008, Labour now suddenly poses as the champion of fiscal rectitude. Yet it remains addicted to high taxation and expenditure.

History tells us that every Labour government since 1929 has presided over a financial crisis because of economic mismanagement. There is no evidence that a Starmer government would be any different.

Crucially, the party puts wealth redistribution above wealth creation, as reflected in pledges to jack up corporation tax and keep the top 45 per cent income tax band.

‘I am looking at whether and how we tax all different forms of income,’ Sir Keir said last week.

Such words should send a chill down the spines of entrepreneurs and wealth creators.

Labour's extra taxes would be

# Ignore the veneer of moderation and soothing rhetoric... Labour's still a byword for economic ineptitude



By **LEO MCKINSTRY**

used, not to boost growth, but to bankroll the expansion of the benefits system and state bureaucracy.

It boasts of cash injections into ‘our NHS’, as Sir Keir calls it with a proprietorial air, but in the absence of health service reform, the money would inevitably be swallowed by unaffordable pay rises and subsidise endemic inefficiencies.

The same is true across the public sector, from Whitehall to the town halls, particularly since the trade unions, which provide 58 per cent of Labour's funding, would want a return for their financial support. In addition to pay increases, union pressures could also lead to the right to strike and form picket lines being made easier.

Meanwhile, in the name of inclusion, mollycoddling of public employees would grow through measures encouraging special leave, working from home, and the kind of Fair Work code of practice operat-

ing in Scotland to enhance individual ‘wellbeing, security and respect’.

Under Starmer, the government machine would grow ever larger through measures such as the creation of a vast state company, Great British Energy, with initial funding of £8 billion to invest in renewables and green technologies.

This behemoth would be one element of Labour's aggressive environmental agenda to achieve net zero emissions, using more green levies, though the result would risk regular blackouts and rising bills.

A ‘fairer, greener Britain’ – Labour's conference slogan last week – would, I fear, be translated into a ‘poorer, darker Britain’.

Just imagine Britain under Prime Minister Starmer. Culture wars would intensify, reflected in the introduction of wokeness tests for public landmarks such as statues, and purges of academia and the Civil Service to root out anyone

deemed insufficiently signed up to Labour's ‘progressive’ dogma.

Undoubtedly, new impetus would be given to spreading Critical Race Theory (which sees everything through the filter of race and puts racism as the central evil, even when there is none) and Unconscious Bias Training.

Toxic identity politics would sweep through civic institutions, promoting division, victimhood and grievance.

A chilling insight into the ugly bigotry of the Left was provided last week by Labour MP Rupa Huq's appalling comment about Chancellor Kwasi Kwarteng: ‘superficially he's a black man’. It exposed the mindset of many on the Left who, in power, would push an agenda dominated by initiatives to end ‘white privilege’ and diktats to celebrate diversity.

All the while, free speech would wither and debate would be stifled. This process would inevitably be

accompanied by an emphasis on gender identity issues – which has already seen many Labour politicians clumsily attempt to redefine human biology.

Sir Keir, when asked, has hesitated to say whether women could have male genitals.

This rejection of a view of human biology that has held for millennia has been criticised for having a negative knock-on effect on women's rights.

Politically, there would be a drive to entrench other major changes such as some form of proportional representation to replace our first-past-the-post electoral system.

Already, Labour operates an informal pact with the Liberal Democrats to maximise the anti-Tory vote in England. The same alliance could further tighten the stranglehold of the Left by lowering the voting age to 16 under the guise of youth engagement, though the real motivation is that the majority of young people are not Tory voters.

At the same time as the voting system is vandalised, the integrity of the United Kingdom would come under threat as never before.

To get Scottish Nationalists to back its radical agenda, Labour may grant them another referendum on independence. Also, there would likely be a vote on Northern Ireland leaving the Union now that Sinn

**‘Toxic identity politics would promote division, victimhood and grievance’**

Fein is the largest party in the province and recent census figures show Catholics, traditionally nationalists, now outnumber Protestants.

More upheaval would follow from Labour's open-door immigration policy. It has long been hostile to strong border controls, not least because migrants overwhelmingly tend to vote Labour. Any pretence at restrictions would be abandoned, even towards illegal Channel crossings, which would be turned into a safe method for asylum-seekers.

But we don't need to gaze into a crystal ball to see what Labour would be like in office. We can already see how it governs through the example of the London Mayor Sadiq Khan, whose tenure has been characterised by expensive gesture politics, the growth of a sprawling bureaucracy, economic sluggishness and inaction on crime.

While knife offences have soared, Khan has set up a Commission for Diversity in the Public Realm to conduct a woke audit of London monuments. As the former Labour MP postures as an eco champion, with policies such as an ‘ultra-low emissions zone’, City Hall staffing costs have increased by £30 million, the public relations budget has gone up by a third and almost 600 managers at Transport for London are paid over £100,000 a year.

Such a spendthrift agenda does not demonstrate that Labour is ‘the political wing of the British people’. Labour may be way ahead in the polls now, but by General Election day in January 2025 there will be countless reminders to the British people that, at heart, Sir Keir Starmer leads a movement that is a byword for economic mismanagement and obsessed with class war.

**‘It remains the creature of narrow vested interests, social-justice warriors and shrill pressure groups’**



“How can I help my kids learn about **online safety**?”



Nicky (9), Alison and Holly

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# Peter Hitchens

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## If the Tories want to win the next Election, this is what they have to do

**W**HAT a grim political choice this country now faces. On one side, here is the Red-Green fanatic Sir Keir Starmer, and his frightening and despotic claim to be 'the political wing of the British people'.

On the other here is a Tory Party bereft of purpose and ideas, reduced to pursuing gimmicks and novelty, getting through leaders and slogans so fast that there is little point in remembering who or what they are. They just have time to find and elect an actual teenage leader before the next Election, I think.

Sir Keir is so dull that the word 'wooden' does not truly describe his delivery or his aspect. He is less exciting than wet cement failing to dry on a chilly afternoon. Does he do this on purpose? Perhaps. For his plans are as terrifying and dangerous as a burning fiery furnace.

I have tried and tried to point out to the great industry of political commentators that people such as Sir Keir and his exemplar, Sir Tony Blair, are not, as they insist 'centrists' or 'moderates'.

Blair, who successfully kept secret his past as a college Trotskyist, led a movement of white-hot radicals which duly smashed up the constitution, revolutionised private life and debauched the economy.

Sir Keir's unregretted former membership of a weird revolutionary sect (the Pabloites) is known but not understood. If he wins the next Election, we will all discover what a full-on Red-Green government is like. Good luck with that, as the taxes squeeze and the lights go out and both houses of Parliament become neutered chambers of unopposed Leftists, anxious to tax you and tell you what to think.

But how can it be stopped? By the Tories? It is a very long shot. I am perhaps not very nice, but even I have tried to be kind about the Tory Party's selection of Elizabeth



### Our fatal error to think drugs were so cool

THE most moving thing I read last week was Cosmo Landesman's terrible account of the death of his son Jack, a victim of cultural and moral revolution.

This passage should be incised deeply on huge stone slabs in the centre of every city: 'Before Jack's death, I'd never questioned my liberal belief that recreational drugs were a valid and safe form of pleasure. People like me, who as teenagers grew up in the late 1960s and early 1970s, saw drug usage as a harmless rite of passage. Back then, any talk of the damage that drugs could do was dismissed by us as "tabloid hysteria".'

'So when it was the turn of our children to experience drugs, there was no need to worry. They'd be fine. We thought we were so smart and cool about drugs, but we were just naive, arrogant and ignorant.'

►► HOW could I know who blew up the Nord Stream pipeline between Russia and Germany? I wasn't there. But the belief of many media that it must have been Russia seems to me to be a bit of a stretch. They could turn it on and off before it was blown up. Now they can't. The USA, by contrast, hated the pipeline because it was a Russian foreign policy weapon, linking Germany more closely to Moscow. And the noisy but candid (and very anti-Russian) Polish politician Radek Sikorski may have given the game away. First, he tweeted 'Thank you, USA' with a picture of the gas bubbling up into the Baltic. Then, when lots of people noticed, he deleted it. That made me think he was on to something.

Truss as its leader. What can anyone say about the rise to high office of someone so utterly unfitted for it? It is just embarrassing.

But it was not my embarrassment. They are not my Tories. I have dismissed the Tory Party as useless since the Cameron revolu-

tion in which all the remaining conservative bits of that party were hunted down and exterminated. Cameron said he was the heir to Blair and meant it. At the 2010 Election, even Gordon Brown was more conservative than the Tory Party.

And yet the party survives. There

is no time to build anything else. As Rudyard Kipling pointed out in his poem *The Islanders*, it's a bit late: 'Do ye wait for the spattered shrapnel ere ye learn how a gun is laid? For the low, red glare to southward when the raided coast-towns burn? (Light ye shall have on that lesson, but little time to learn.)'

But there it is. The Tory Party is what we have. But it can only fight the Blairites if it stops trying to be like them. Here's what the Tories have to do, to survive and win.

Rebuild criminal justice. Replace the failed 'police' with proper new local forces which patrol the streets on foot and deter crime. Enforce the laws against drug possession. Recapture the prisons from control by inmates, and make them places of immediate punishment for second offenders instead of useless warehouses for habitual criminals. Repeal the Equality Act of 2010 and all its oppressive panoply of political correctness.

Revolutionise the education system, making real plans to build at least 1,500 new selective state grammar schools evenly across the country, offering superb education to those who can benefit from it.

Re-engineer the divorce laws, the welfare system and the tax system so as to stop punishing parents who

want to stay together and bring up their own children.

Stop meddling in foreign countries and concentrate on defending our people against foreign threats abroad and crime at home.

Renationalise the railways, the water and energy industries, and embark on a major infrastructure programme in which British contractors are favoured.

Conclude a treaty with France, at whatever cost, to stop people-smugglers using the Channel.

Inform the BBC it has two years to rediscover impartiality or lose its Royal Charter and licence money.

I could go on, and would be happy to elaborate to anyone seriously interested. Elections across Europe have revealed a huge appetite for governments which reject the cultural revolution of the past 50 years. If the Tories won't do this, they deserve to be doomed and destroyed for good.

## My sympathy for a Corbynista

SOMETIMES light shines into a tiny corner of the world and you see something which wholly upsets the conventional view of things.

I was approached by a Jeremy Corbyn supporter, Jenny Manson. Jenny, a Jew, is a retired tax inspector in her 70s who lives in Hampstead Garden Suburb. Her mother narrowly escaped an anti-semitic massacre in what is now Ukraine in 1917.

I disagree with her about almost everything. For some years she has been facing accusations of

antisemitism because of her defence of Mr Corbyn. She is slight, humorous, quiet and friendly.

In a new and extraordinary TV documentary on Al Jazeera (which has its own interest in the subject of Israel), she plays a telephone message left for her, as a result of political attacks on her. Part of it runs 'You \*\*\*\*ing Nazi bitch, you should burn in the gas oven, you stinking Nazi swine'. The culprit has since apologised and accepted a police caution. But is this what politics has come to?

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SCAN ME



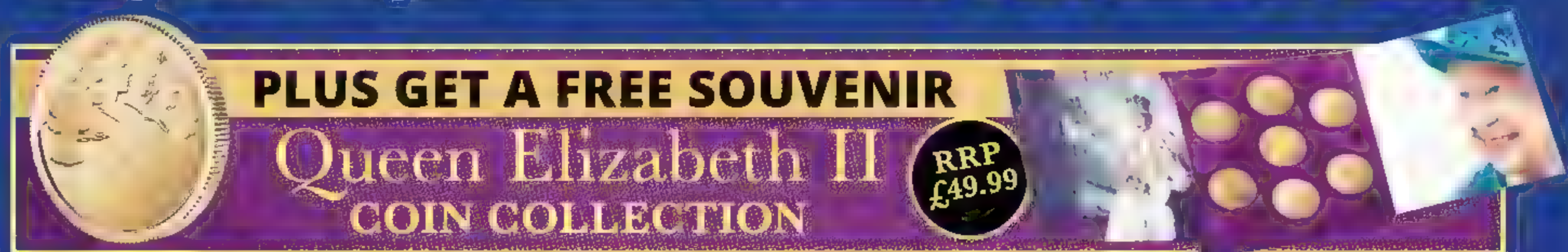
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SCAN ME





# Sarah Vine

ON SUNDAY



## Molly's hero dad and why we have to fight these venal online cowboys

**S**CHOOLGIRL Molly Russell would have been about 19 had she not taken her own life in 2017. The same age as my own daughter: just starting out on life's great adventure, at college or in her first job, maybe heading off to university after a year's travelling or working abroad.

First serious relationship, first time away from home, excited and anxious in equal measure. Traipsing around Ikea buying duvet covers and fake pot plants, living off beans on toast, drinking too much at the student bingo night, getting a stupid tattoo.

Instead, she will forever be a 14-year-old in school uniform, a child with an uncertain smile whose life was cut tragically short. The heart breaks for her, for all she might have been, and also, of course, for her family.

But there is rage too. Rage and frustration at the injustice of a world that allows children like Molly - gentle, vulnerable young souls - to be exposed to things far beyond their years and emotional understanding.

**T**HE story of Molly is a modern-day version of the Pied Piper of Hamelin: a social media world that leads youngsters on a not-so-merry dance into the abyss, that steals them from their parents and friends and those who love them, that isolates them and casts them adrift in a churning sea of algorithms, dashed against the jagged rocks of depression and hopelessness.

That's why Ian Russell, Molly's father, is such a hero. For five long years he has relived the agony of his daughter's anguish, word by word, tweet by tweet, post by post. Thanks to him the relentless, venal

ruthlessness of social media giants has been forensically exposed, their flimsy, arrogant veneer of moral rectitude shattered.

The full extent of how these sites fuelled Molly's feelings of hopelessness, the difference it made between her being a normal, confused 14-year-old teenager with normal doubts and worries, and someone who felt they had nothing to live for, is now crystal clear.

The coroner was unequivocal: Molly 'died from an act of self-harm while suffering from depression and the negative effects of online content'. The impact of that acknowledgment is huge.

But Mr Russell is not just his daughter's champion. He is also every parent's champion. He speaks for all of us whose children have grown up in the smartphone age, who have wrestled with the social media Hydra, who have experienced the ways in which the uncensored world of the internet and the greed of Silicon Valley destroys - or at the very least cuts short - childhoods.

It's not just suicide forums and self-harm: it's online bullying, pile-ons, sexual grooming, criminally dangerous online challenges (one thinks of 12-year-old Archie Battersbee) and, of course, hardcore porn, only ever a few clicks away.

Every day, as parents, we run this



## Love Cher, but not the trashy Balmain

I SIMPLY can't understand why so many celebrities - from Brooklyn Beckham and Nicola Peltz to Kim Kardashian - are so obsessed with Balmain.

Pierre Balmain, of course, was a giant of French couture who dressed the likes of Katharine Hepburn and Sophia Loren. I have a treasured vintage Balmain coat, which I found in a second-hand shop years ago, and it elevates any outfit with its exquisite cut.

But the current Balmain seems to consist of oversized, over-priced trainers and trashy, skin-tight creations that are virtually indistinguishable from the cheap, mass-produced stuff you can buy on any high street.

Proof of the pudding: Cher, left, was the star attraction at last week's Paris runway show. Love Cher, obviously; but she's not exactly known for her classy outfits.

THE BBC has made a big mistake removing Steve Wright from his Radio 2 slot. He was an absolute giant - funny, clever, endlessly self-deprecating and the reason so many listeners tuned in. I'm sure his replacement, Scott Mills, is a perfectly nice man, but there's a lot to be said for that old adage: if it ain't broke, don't fix it.

## SUSSEX ORDEAL CUT SHORT

WHOEVER takes over from the Duke and Duchess's PR firm (they have just ditched Sunshine Sachs, the New York-based outfit that has been advising the Duchess since her days as an actress on legal drama *Suits*) is going to have their work cut out. Especially if recent revelations about how the Duchess treats her employees are anything to go by.

She also has an interesting interview technique, by all accounts. A couple of years ago I heard a story about a woman who applied to work for her at Kensington Palace. She was ushered into the (then) Royal presence, who allegedly glanced up, took one look, said simply, 'You can leave', and went back to her paperwork. That was the end of the interview.

In the circumstances, a lucky escape, I suspect.

SINCE I wrote about my air fryer last week, loads of you have been emailing to ask which brand I have. Weirdly, it's nothing fancy, and never seems to appear in any of the 'top-ten air fryer' lists (probably because it's a fairly basic model). But it works brilliantly. It's a Tower. And no, this is not a sponsored post.

IT'S not just homeowners who face pain from rising interest rates. A friend of mine who works for a London estate agent tells me rents are rocketing. A place that normally might have fetched £380 a week went for £420 the other day. I suppose it makes sense that buy-to-let landlords would be pricing rate increases into the market, but it doesn't seem very fair on 'generation rent' who, having struggled to get on the housing ladder, now face being priced out completely.

digital gauntlet, trying to shield our children as best we can. Trying, and inevitably failing. Because how can we? How can we fight the might of the internet?

Parents are told, usually by those whose children grew up long before this digital age: 'Just keep them offline.' Maybe that was possible ten years ago, when we still had one foot in the analogue world. But now everything happens through a smartphone. You can't even park

your car without one, and everything, from GP appointments to tax returns, must be done digitally.

I hate it. It's a horrendous tyranny. I would much rather live in the pre-digital world I grew up in, where people actually spoke to one another instead of communicating via keypads. But we are where we are.

And asking parents to keep their children off the internet is like asking them to limit the time they breathe. It's how they learn (so

much schoolwork is now online), socialise and access entertainment. And that's not their fault - it's ours.

That is why we have a duty to protect them. That is why the Prince of Wales was correct when he said, in response to the coroner's verdict, that online safety should be 'a prerequisite, not an afterthought'.

The Online Safety Bill, which has been knocking around Parliament for years, has to now be a priority for Government. Liz Truss has already shown herself not afraid to make tough, controversial choices.

No ifs, no buts. We need legislation to safeguard future generations from paying the price for corporate negligence. Legislation that will finally bring these online cowboys into line and ensure that, as Prince William put it, 'No parent should ever have to endure what Ian Russell and his family have been through.'

## Brutal Blonde's ugly truth

I WATCHED *Blonde*, the new film about Marilyn Monroe starring Ana de Armas (right). It is beautifully shot but utterly brutal, and anyone expecting a tale of Hollywood glamour will be disappointed.

I'm sure this is why it's divided opinion among viewers, many of whom are shocked by its bleakness. But what I

can't understand are the howls of protest from women's charities, which accuse the director of 'over-sensationalising' sexual abuse and abortion. All I can say is they can't have watched it: far from sensationalising these things, the film leaves the viewer in no doubt of the grim consequences of the abuse Marilyn, and many like her, suffered.



To listen to Sarah's brilliant podcast visit: [Mailplus.co.uk/radio](https://mailplus.co.uk/radio) or scan the QR code



SCAN ME



by **GABBY LOGAN**

**I** WAS on a gap year between school and university and living in London on a diet of sugary cereal, Tia Maria-infused milk and ice cream when I got the call inviting me to be on the first series of ITV's *Gladiators*.

Now, you'd think such an invitation suggests physical prowess, or seriously defined muscles. I had neither. I was in no shape to trouble *Gladiator Jet* on the swingshot bungee challenge.

But I had in my earlier teens been an international rhythmic gymnast, representing Wales at the Commonwealth Games in 1990, until I'd been forced to retire by a hideously painful bout of sciatica.

And now the British Gymnastic Association had put my name forward for *Gladiators*. Well, why not, I thought? It will give me something to talk about at freshers' week.

So I said yes and joined a gym to get myself back in shape. The cereal and ice cream were a reaction to my earlier fitness regime. They had to go.

I'd arrived home from the gym one balmy May evening and was about to turn on the shower when the phone rang.

'Gabby.' It was my mum's voice. 'Daniel is dead.'

Daniel, my 15-year-old brother, was fit and healthy and gorgeous, 6ft tall and full to the brim of life and love. He didn't suffer from coughs or colds; he never had a day off school. He was a footballer of huge repute. He'd signed for Leeds United, who had just won the League, and he'd been scouted by Wales.

My head was utterly scrambled. I couldn't hear what Mum was saying. She was sobbing too loudly – or maybe that was me.

My mind fumbled for an explanation. I pictured him in a car with some boys, one of them losing control. They were going too fast round a bend, it was a bank holiday Monday, the driver had only just passed his test. That's what young boys do.

The sound of my mum's voice interrupted my thoughts. 'He collapsed in the garden, playing football with Jordan and Daddy,' she told me.

There was no terrible accident. He just dropped down dead in his own garden.

Mum did her best to explain. She had been clearing up after the evening meal while Dad, Daniel and my six-year-old brother Jordan had a kickabout.

My father, Terry Yorath, the former Wales international footballer and manager, had kicked the ball a little too hard and Daniel went over to the long grass to fetch it.

He bent as if to pick it up, Mum told me, then stumbled and fell over, face down.

Dad wandered over, expecting to be pranked, and to see his beloved boy turn and laugh at him for being overly concerned. They had a perfect relationship – I only truly understand how perfect now because I have a boy of the same age. You can love the bones of your 15-year-old boy, but don't expect to ever really understand their moods or why they go to bed as one person but rise for breakfast the next day as another. Not Daniel, though. He rode through his teenage years with charm, joy and humour.

That bank holiday Monday, he and Dad had played 18 holes of golf together in the morning, then watched more golf on TV in

the afternoon. They adored each other's company.

But Daniel didn't turn when Dad approached him in the garden. So Dad rolled him over, and saw his eyes were vacant, his pulse gone, his body limp.

Dad went in the ambulance to St James's hospital in Leeds with Daniel. Mum drove behind with Jordan. Dad was praying, willing Daniel to breathe. 'God, bring my son back to life. Open your eyes, son, say something to me. We need to play football again. We need to watch golf and go to matches. We have so much to do. You have so much to do.'

The ambulance went around a bend at speed, and one of Daniel's arms flew out and landed in our

father's lap. Dad took his hand and caressed it, held it tightly to his face. The hand was lifeless.

He said later that was the moment he knew.

In the months after, because of the high-profile nature of Daniel's death, we received thousands of letters from families who had been affected by what we later found out was hypertrophic cardiomyopathy, sometimes called sudden death syndrome. In my grief I'd listen over and over again to

Elton John's song Daniel, imagining my brother leaving on a plane, flying so high that I couldn't see him. Elton had apparently been told that Daniel had been named after this song, and later sent flowers to our family, along with a beautiful note.

For me, there is 'before Daniel died' and 'after'. The 25th of May 1992 really did change everything. While I'd always been an independent and determined child, Daniel's death made me

fearless. I wasn't worried about failing or looking a fool, because, well – what could hurt me as much as his death had?

I became a young woman on a mission, in a hurry to achieve something, to have something that would make the pain of his death worthwhile. There's seizing the day and then there's grabbing hold of it with both hands, squeezing out every last drop. The latter became my preferred technique.

I'm sorry to start my story on such a sad note. You might be thinking 'this is not what I was expecting from that smiley blonde woman who presents the sport on the telly'. But this is about the most important moments in my life that have brought me to where

# Oi, Gabby! How many footballers have you notched up on your bedpost?

... the boorish taunt shouted by a well-known male presenter that left GABBY LOGAN 'dying inside' as she battled her way to the top of the misogynistic world of TV sport

**'My brother's death made me fearless – nothing could hurt me'**





**THE GANG:** Twins Reuben and Lois with dad Kenny and Gabby, also main picture

I am today. This is about the real me, and about the events that have shaped me.

FOUR years later, on May 5, 1996, Newcastle United were playing their final match of the season against Tottenham Hotspur. I was in my usual pitch-side position at St James's Park, waiting to do an interview for the local radio station, Metro FM, when a cameraman approached me. 'Hi Gabby,' he said. 'I'm from Sky Sports. I've been asked to give you this card.'

Then he sauntered off, casual as you like, having potentially just delivered the great Sliding Doors moment of my life. On the card was the name 'Richard Keys' and a phone number. 'Er, excuse me,' I shouted after the cameraman. 'What is this?'

'Richard Keys.' He gestured to the Sky TV studio. 'He's making a show about women in sport, and he wants you to contribute.'

Richard Keys was the Sky TV football host. Together with Andy Gray, an ex-professional player from Scotland, they had reinvented the way football was presented. They were 'Sky Sports'.

But there was no plan for a TV show about women in sport. When I rang Keys the next day, he apologised for the fib. He told me he wanted to introduce me to his bosses at Sky.

They were looking to recruit more women, and he'd noticed me on the touchline at matches. Then he'd heard that my dad was Terry Yorath, an additional draw.

I was 23, newly graduated with a law degree from Durham University and cutting my sports presenter's teeth on the Newcastle radio station Metro FM. I'd done shifts there all the way through university, having set my sights years before on a broadcasting career, and now I worked for them full time. This was the opportunity of a lifetime.

I don't really want to write a lot about Richard Keys; he was dismissed, along with Gray, when they were caught talking lewdly about the lineswoman Sian Massey, and after he was caught asking pundits in the studio if they would 'smash it', referring to another woman.

In one painful-to-listen-to mono-

logue aimed at saving his UK career, he tried to argue that he couldn't be sexist, because he'd helped get me a job and kick-started my career. He truly didn't get it.

The boss at Sky was a man called Mark Sharman, who was recruiting for Sky Sports Centre, a live sports news show. I did a screen test and the following day he called to say I'd got the job.

My initiation into live TV was memorable, to say the least.

I'd opted for a pale taupe Prada two-piece – part of a glorious wardrobe of designer clothes bought for me by Sky – for my first day. As I was leaving my flat, I decided at the last minute that I should bring a spare pair of pants, as I was wearing black underwear, and if the pale suit was in any way see-through, my knickers would show.

You wouldn't actually see them on set, as I'd be seated, but I didn't

**'He had my knickers held aloft on the end of a pen... I panicked'**

want to be walking round an open-plan office filled with alpha blokes flashing a black G-string. The pants I grabbed and put in my bag were nice, sensible M&S nude ones. When I got to the wardrobe department, I was in a bit of a flap and couldn't find the spare nude pants, but it turned out I didn't need them, so I didn't think any more about it.

The bulletin went off well, and I made my way back up to the office to get some feedback from the editor, Nick, and the deputy editor, a brutally honest Northern Irish ex-hack who took no prisoners. It was his booming voice I heard as I headed into the huge office where all the sports departments were based.

'Does anyone know where these pants have come from?' he was asking. He had my knickers held aloft on the end of a pen and was parading them around the room, making sure everybody in all the

sports departments could see.

I panicked. 'They're mine – but they are clean!' I shouted.

There were gales of laughter from my new colleagues as I grabbed the pants and stuffed them into my bag. I never figured out how they fell out – but I decided that on balance, my rite of passage into this macho world could have been a lot worse.

I am so grateful that I was able to go through my formative years in the industry without the added pressure of social media. It is a minefield, as I discovered while scrolling through Twitter one

afternoon in 2011. At that time there were a load of injunctions being slapped on tabloid newspapers, as famous and wealthy people were trying to keep bad news out of the press. There was a rumour swirling about an ex-footballer trying to keep a story hidden, so of course people were speculating about who it was and what he was trying to hide.

A message popped up on my timeline: 'I hear this injunction concerns @gabbylogan who is having an affair with Alan Shearer.'

I laughed when I read it. Then I got angry. Then I panicked. I had a few minutes before a facial appointment, so I replied to the message in a hurry: 'I think you should be careful what you write on here. The publishing laws apply and you are guilty of defamation of character with that.'

I had obviously prodded the bear. The tweeter quickly replied: 'So @gabbylogan, are you saying that you haven't been having an affair with Alan Shearer?'

'No, of course not,' I replied, then went in for my facial.

THE following Sunday morning, I got a call from my agent, who told me to go and buy the News of the World. The headline 'TV's Gabby Logan denies affair with Alan Shearer' ran across the top of pages four and five. Underneath ran a story of absolute nothingness, pictures of my husband Kenny and me walking the kids to school, and an article about me being at the World Cup in 2010 in South Africa with Alan Shearer.

Which was not really correct; although we had both been at the World Cup for the BBC, I was nowhere near him, as the studio team, which Alan was on, was based in Cape Town, while I was based in Rustenberg with the England team. Kenny and I knew there was not a grain of truth pertaining to anything this article suggested, but that didn't stop the gossiping. People Kenny had known for years rang him to 'lend support'.

SKY Sports was a tough school, but I find it hard to say I was subjected to discrimination. I was

Turn to Page 34 ►►



&gt;&gt; From Page 33

there because they wanted more women on screen, for a start, so there was an air of positivity to that. I was occasionally the butt of comments and scenarios that my male peers might not have had to endure.

As I wandered through the office one afternoon, one well-known male presenter shouted: 'Oi, Yorath! How many Premier League footballers have you notched up on your bedpost?'

At 23 years old, I lacked the verbal elasticity to knock him out with a witty retort. His gang of cronies giggled. I smiled and carried on walking. Inside, I was dying.

An older rugby league presenter stopped me in the corridor one day and said: 'Your a\*\*\* is amazing right now, but sadly for you, it's one of those a\*\*\*\* that will be by your knees when you hit 30.'

'Well you might find out if you're even still around when I'm 30.' That was the best I could do.

Even years after I'd left Sky, it appeared I was still fair game for Gray and Keys. I sat a row behind them on a flight to Istanbul for the Champions League Final in 2005, which I was covering for ITV. I was seven months pregnant with twins, and I was huge. I looked like I'd swallowed a space hopper.

In full earshot of me - and anyone who might be listening in our business-class cabin Richard said: 'So, Andy, what do you think of pregnant women?'

'I'm afraid I don't find them very attractive, Richard. In fact, I never slept with my wife when she was pregnant with our kids.'

'So you didn't have sex, Andy?' Keys asked.

'No, I didn't say that, Richard.'

Then they laughed their heads off at their little 'comedy' routine.

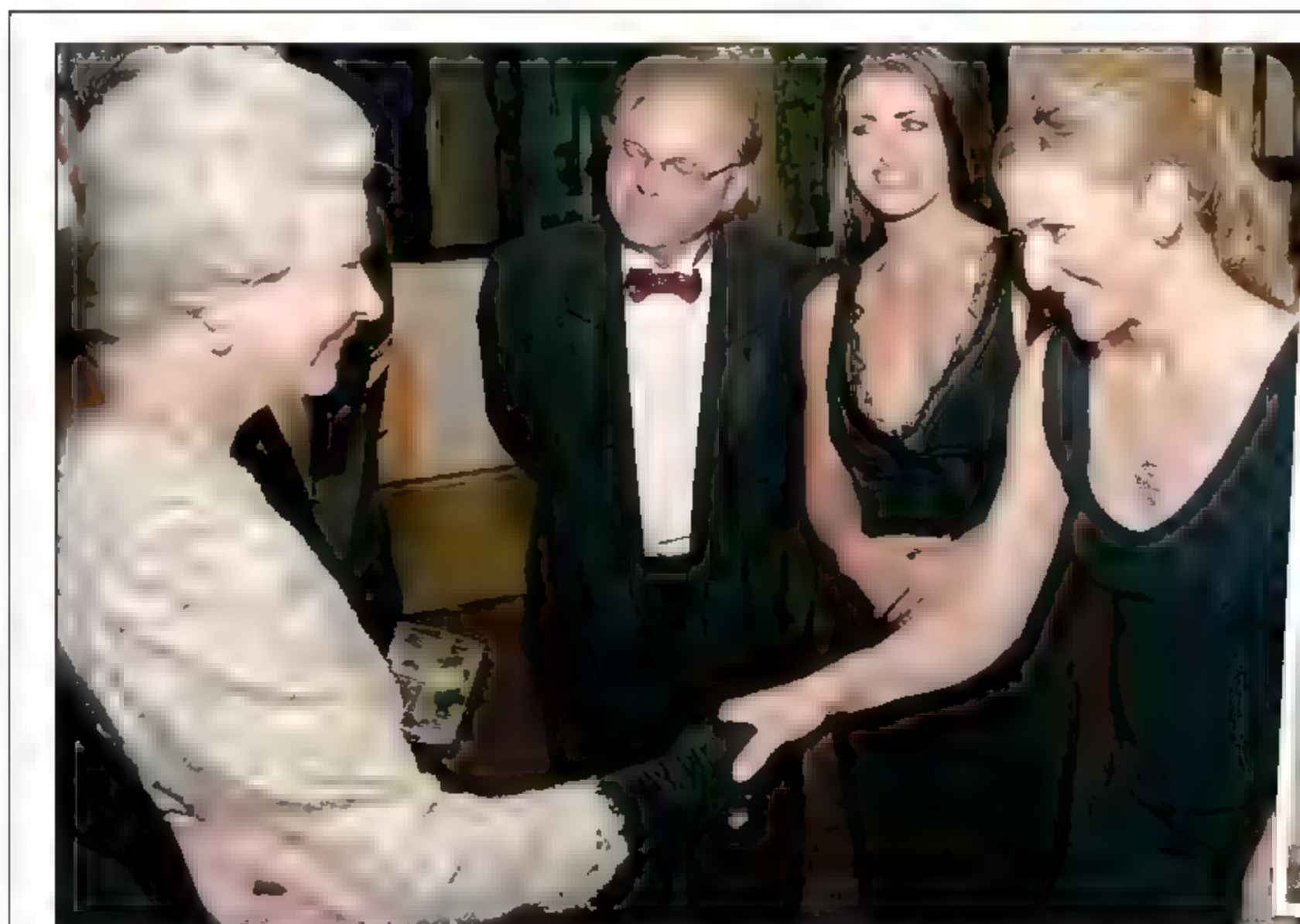
I was embarrassed, of course, and thought their comments were especially cruel, bearing in mind they both had children and wives of their own. Luckily, by that time I had been working with lovely men such as Ally McCoist and Andy Townsend at ITV, who were kind and caring, always asked after my wellbeing, and seemed genuinely excited for me about the babies. Keys and Gray were dinosaurs, waiting to become extinct.

To be clear, sports TV wasn't an island of filth while the rest of the world and society circled around being virtuous. In the mid to late 90s, I reckon I would have seen and heard the same kind of idiotically sexist stuff if I were working in a top law firm or as a trader in an investment bank.

It was just a very male ego-driven environment. I am sure there were quite a few men there who also found the alpha atmosphere a bit too much.

It was male-dominated behind the camera, too. The camera operators, sound technicians, statisticians, directors and producers were 90 per cent male.

It's like turning round a tanker, isn't it? The first movement is very slow and it feels like nothing is changing, but you have to keep going, and then eventually the whole boat comes along, gaining



**MUM CHAT:** Gabby is quizzed by the Queen in 2005 and, right, with the twins at seven days old



ANYONE who ever says Test cricket is too long and boring for modern attention spans hasn't spent a day continuously feeding twins in 30-degree heat.

One scorching hot day, the three of us were naked for most of the afternoon (me and the babies, not Kenny) while I tried to breastfeed them. They were so hot and tired that they fell asleep after a few minutes, but would then wake up five minutes later for another feed.

It was a day-long procession of sweaty boobs and slithering babies. 'I feel like a cow,' I moaned as another one slipped off my breast.

Luckily, it was the summer of the 2005 Ashes. I watched most of that series naked. I had a district midwife who was obsessed with seeing me feed them at the same time. Every time she 'popped by', they had just been fed or weren't awake. I was beginning to think she didn't believe me, so one day I made them wait for food, then when she arrived, I performed for her.

I popped the breastfeeding cushion (a V-shaped thing) under my boobs and put the twins into the rugby-ball hold, cradling each head with my hands so their feet were under my armpits. She seemed suitably impressed, and never asked to see it again. I will admit it wasn't the comfiest

# The Queen asked me: How do you breastfeed twins?

thing, and it certainly wasn't practical in public. Can you imagine the stares and tuts you'd get if you got both your t\*\*s out in Starbucks? But people did seem genuinely interested in the process. And when I say people, I mean the Queen.

It was ITV's 50th birthday in 2005, and I was invited to a huge gala dinner at the Guildhall in London, which was to be attended by Her Majesty. I was selected to be in one of a few groups of ITV staff whom the Queen would talk to.

'So, you've just given birth to twins?' The Queen came to me first.

'That's right, six weeks ago.' It was my first night out, and

I'd squeezed myself into an old Alaa dress, complete with my milky boobs and free-flowing hormones.

'Gosh, six weeks. So I take it you're not feeding them, then?' she asked

'I am breastfeeding them, but I expressed the milk tonight. My husband will give them a bottle.'

'And how do you breastfeed twins at the same time?' She was not letting this topic go.

I proceeded to explain the rugby-ball hold in great detail to the Queen. Sadly, my time was quickly up, and she was ushered on to Ant and Dec.

A few years after the Queen incident, I was at Clarence House (home of the then Prince

Charles and Camilla Parker Bowles) for a tour of the gardens as part of my role as a Prince's Trust ambassador. After the tour, we were on a terrace having tea and biscuits, and Camilla was doing the conversational rounds.

She was very easy-going and the conversation was not led by a lady-in-waiting; it was just general nattering. She let slip that her daughter was about to have twins at Queen Charlotte's Hospital, and we appeared to share the same specialist.

Then Camilla said: 'Can I ask you, how does one feed twins?'

With a strange sense of déjà vu, I proceeded to explain the mechanics of the rugby-ball hold... to the next Queen.

momentum. My attitude was, being there and doing the job, being visible and trying to be good at it, was as powerful as anything else I could do to speed up the change.

PRESENTING Sports Centre was fine, but I really wanted to do live sport. Specifically, I wanted to do live football. Vic Wakeling was one of the founding fathers of Sky Sports, the man who helped pull off the initial Premier League deal for Rupert Murdoch.

He was a County Durham native, so we had the North East in com-

mon, but he didn't take my requests to host live football seriously. 'You won't be presenting football while I'm here,' he told me between puffs of his Benson & Hedges. 'You won't be on screen after you're 28.'

I believed him. With the news that I had about four years left of my career ringing in my ears, I started pestering my boss, Mark Sharman, instead.

Then one day he told me he had good news. 'Right, from next season, you can host the ice hockey.'

Sky were clever. They knew the audience for ice hockey was minimal, but it was a good place to learn the mechanics of hosting live sport.

I loved presenting the ice hockey. The players were like street fighters with blades on their feet - a fight broke out in almost every match. It was an exhilarating time.

In many ways, those Sky years, the years before I met and married Kenny, were more like typical university years than my actual time at uni.

Having broken up with a long-term university boyfriend, I was newly single, heading out on the town a few nights a week and getting off with inappropriate blokes. I didn't like myself very much back then, but I always seemed to forget that the next time I was drinking

too much chardonnay in a sweaty nightclub at 2am.

I had gone from being fastidious about diet and exercise to buying a box of white Magnums on my way home from work at 10.30pm from the Shell garage at the end of the road. I'd then finish them off in front of The Late Show With David Letterman.

I didn't eat breakfast because I rose late, and I often had freshly baked chocolate chip cookies from the Sky canteen for dinner. I don't remember who it was that subtly suggested I try getting a personal trainer, but all these years later, I thank you from the bottom of my very large bottom.

My private life was not in great shape. But my career was about to take off in a way I couldn't have imagined.

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● *The First Half*, by Gabby Logan, is published by Piatkus on October 13 at £20. To pre-order a copy for £18, go to [mailshop.co.uk/books](http://mailshop.co.uk/books) or call 020 3176 2937 before October 16. Free UK delivery on orders over £20.

**NEXT WEEK MY TEARS  
OVER BEING DISLIKED  
BY STRICTLY VIEWERS**



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# Dapper Macca the day tipper... and 50 years on, he still looks fab in a double-breasted suit

ALL YOU NEED IS A TENNER: Paul tips the doorman from a wad of notes clutched in his hand



GET BACK: Macca last week and, right, in 1971 wearing a similar double-breasted suit with late wife Linda

By Ronan O'Reilly

IT WAS a fab style when he wore it way back in 1971 – and Sir Paul McCartney rolled back the years last week as, looking dapper in a dark blue double-breasted ensemble, he went out to lunch.

And just as he also did back in the 1970s, Macca sported a full beard – although as he's now 80, it wasn't quite so lush and was of a rather more vintage hue.

He was spotted at Claridge's in Mayfair last week, where he was joined by his 53-year-old photographer daughter Mary.

With an estimated fortune of £865 million, McCartney is the UK's wealthiest musician by quite some distance – and is reputed to be extremely careful with his finances. And he clearly likes to have some of it with him, as he was seen clutching a large wad of cash, and slipping a note to one of the Claridge's doormen as a tip.

Sir Paul teamed his smart suit with a £500 pair of navy and black trainers by LA-based designer James Perse.

One bystander said: 'He looks great for a man of his age. But it's good to see that he has stopped colouring his hair in that alarming shade of chestnut – it made him look faintly ridiculous.'

Well, he did once sing Live And Let Dye...

## MISSING LINKS

HOW two seemingly unrelated figures in the news are joined by a series of unexpected connections.

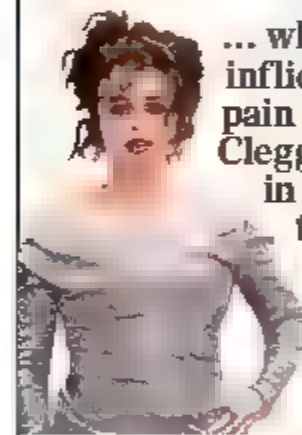
### HELENA CHRISTENSEN

... released lingerie shots last week showing her amazing figure, defying the fact she'll be 54 on Christmas Day. The supermodel's genetic gift must surely be compensation for a lifetime of being short-changed by getting birthday and Christmas presents combined. Other stars born on December 25 include Humphrey Bogart, Chris Kamara, Annie Lennox and...

### SHANE MacGOWAN

The Pogues frontman may be an Irish musical hero, but he was born in a village in Kent and privately educated at Westminster School – at least until he was expelled at 14 for selling drugs. Other alumni include Nigel Lawson, Tony Benn, Nick Clegg and...

### HELENA BONHAM CARTER



... who once inflicted serious pain on young Clegg. They were in a school play together which required her to kick him between the legs, making him collapse in fake agony. Clegg recalled:

'We got it down to a fairly fine art of her missing the crown jewels. But, once, she got it spot-on, and no acting was required.' It's not Ms Bonham Carter's only political link, as she's the great-granddaughter of PM Herbert Henry Asquith. Another thespian whose great-granddad was Premier was...

### CHRISTOPHER PLUMMER

The actor – Captain von Trapp in *The Sound of Music* – was descended from Sir John Abbott, Canada's third PM. In 2011, aged 81, Plummer became the oldest person to win an acting Oscar, a record he lost last year to...

### ANTHONY HOPKINS

... who triumphed at 83 for his role in *The Father*. Less celebrated was his 2003 film *The Human Stain* which, although slammed as 'an unforgivably turgid lecture about political correctness', was pretty un-woke in casting Hopkins as a black man – albeit one who 'passed' as white, so he did not don 'blackface', as...

### JUSTIN TRUDEAU

... so notoriously did. And who brings us full circle, given that the Canadian PM – who held talks with Liz Truss while he was in London for the Queen's funeral – was born on... December 25.

STEVE BENNETT

# Tesco ties bonuses to slashing food waste

TESCO is speeding up its promise to cut food waste in half – bringing its target forward by five years to 2025.

And in a first for a big retailer, store bosses must now meet targets to cut food waste or miss out on performance-related bonuses.

For top executives, hitting these targets are worth tens of thousands of pounds or more in Tesco shares.

The move by the UK's biggest supermarket is a boost for *The Mail on Sunday's* War On Food Waste campaign and will also put pressure on rivals to be more ambitious.

Binned food costs families and

By Daniel Jones

CONSUMER AFFAIRS EDITOR

firms vast sums and leads to additional harmful greenhouse gases.

Tesco agreed in 2016 to cut its food waste in half by 2030. It has trimmed it by 45 per cent, so just 0.35 per cent of the food it handles goes into the bin.

Boss Ken Murphy said he decided to bring forward the target after seeing the role wasted food plays in worsening droughts, and urged other retailers to follow Tesco's lead. In an article for today's

Mail+, Mr Murphy says: 'More than 2.5 billion tons of food are thrown away globally each year.'

'Every piece of food has its own water footprint and research shows the amount of water wasted from uneaten food is three times the volume of Lake Geneva.'

'In an increasingly water-scarce world, that's shocking. Food waste is not only an environmental crisis in the making – accounting for ten per cent of global greenhouse gas emissions – it's also an urgent humanitarian concern.'

'In the UK, food poverty is reaching unprecedented levels as the

cost-of-living crisis continues, with seven million people now struggling to afford to eat. This status quo is difficult to comprehend.'

Seven in ten tons of food waste is created in households. Cutting this could save a family £260 a year.

Scan the QR code to read Ken Murphy's full article



SCAN ME



**T**HE rare smile that flashed across the face of legendary American Vogue Editor-in-Chief Anna Wintour at Victoria Beckham's Paris fashion show on Friday was too remarkable to go unnoticed. That it was directed at the man who sat just a few seats away, British Vogue's Editor-in-Chief Edward Enninful, was even more intriguing.

For while Ms Wintour must have hoped that the gesture would convey a sense of unity, behind the glossy pages of the fashion bible is a growing froideur between the magazine's grand dame and her former protégé, the first black and openly gay man to get the top job.

Indeed, playing out in the shadows is what one magazine insider has described as 'a fight not only for the crown of Vogue but for the very heart and soul of the magazine itself'.

At the centre of it all is Enninful

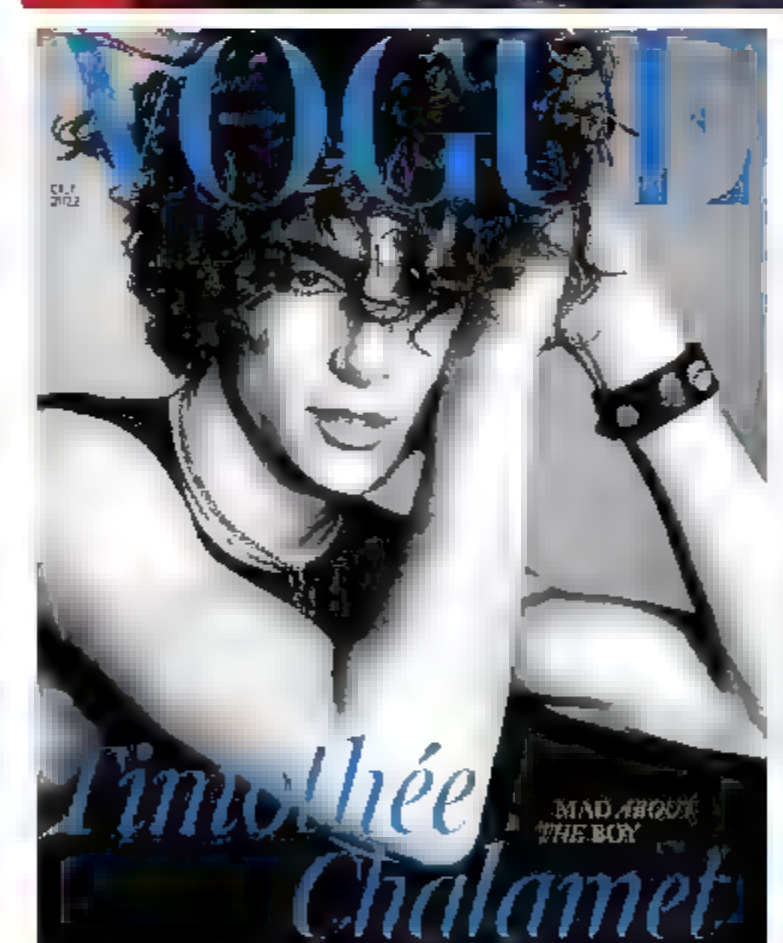
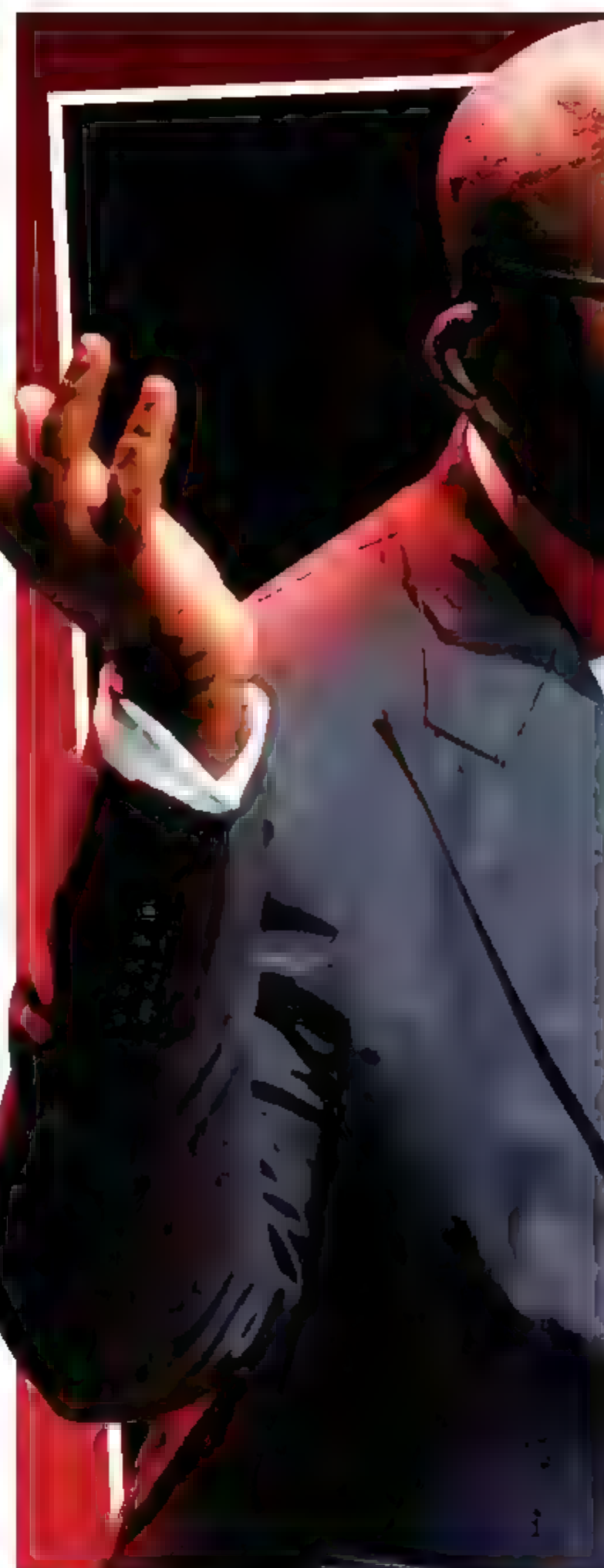
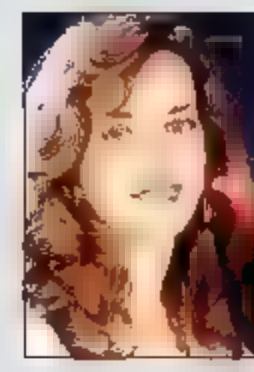
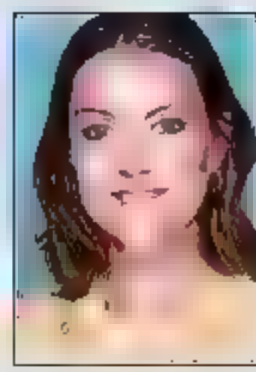
himself, who is driving the most radical and controversial changes in the magazine's 130-year-old history: an audacious bid to make Vogue more diverse and even 'genderless' - a departure from its traditional female base.

The latest decision to raise stylishly bushy eyebrows was the inclusion of Oscar-nominated actor Timothée Chalamet on the latest cover, making him British

Vogue's first male cover star. Enninful is said to be 'keen' to land Ncuti Gatwa, the first black Doctor in Doctor Who and star of Netflix's Sex Education, as his next cover star.

'He wants to appeal to everyone, not just women,' a source confided to The Mail on Sunday. 'To him, the future is a genderless, multicultural Vogue that appeals to everyone and excludes no one.'

By **Charlotte Griffiths**  
IN LONDON  
and **Caroline Graham**  
IN LOS ANGELES



**OVERHAUL:** The cover of the latest British Vogue. Editors Edward Enninful (top) and Anna Wintour (right)

the expectation was he'd be there. The fact he was on annual leave and flying to California at the time has been a source of constant chatter.'

The pair also kept their distance in Paris this week despite the choreographed smiles at Posh's fashion show. Enninful holed up at the Crillon hotel with his friend, Tatler Editor Richard Dennen, while Wintour took her favourite suite at the Ritz.

Meanwhile, just as intriguing, are signs that Wintour appears to have been taking a leaf out of Enninful's book in a bid to stay with the times.

When he took over as British Vogue's editor in 2017, it marked a radical departure from the magazine's previous editor, the highly respected Alexandra Shulman, who'd held the post for 25 years.

Enninful was heard describing the office as having 'too many old white posh women'. Several senior female executives were immediately replaced by men and women of col-

Gay men have always bought the magazine but he wants to attract everyone and reach out to an audience who would not traditionally buy a women's fashion magazine.'

What that means for those faithful to Vogue's female-led brand of high fashion remains to be seen. As one observer put it: 'At its heart, Vogue represents glamour and aspiration for women. If you stop it being a women's magazine, you destroy its soul.'

But at the moment, it seems there is little that can slow Enninful. Since the 50-year-old, who arrived in the UK from Ghana aged 13, took over the helm of British Vogue five years ago, there has been constant speculation that he is being lined up to take over Wintour's job as Editor-in-chief of American Vogue and Global Chief Content Officer of the magazine's publisher, Conde Nast.

A source said: 'There have been plenty of pretenders to the throne but Edward considers himself her natural successor and he is the only person who appears to be a real threat.'

Yet even in the famously waspish world of fashion he has been branded a 'diva', and has earned himself the deliciously catty soubriquet 'Edward Enninfulofhimself'.

Also bitchily referred to as the 'Queen Mother', he is said to have much in common with his mentor. One US outlet has alleged he has 'assistants [who] lead him around through meetings and carry his glasses and eye drops and help apply them'.

His admirers say that no one ever calls him the 'Queen Mother' and that he needs eyedrops because his eyesight is so bad it borders on being a disability.

**R**EPORTS also suggest he waves off colleagues with simple requests by asking them to 'call Darnell' [his powerful agent, Darnell Strom].

And his differences with the formidable Wintour - whose famously demanding personality has earned her the nickname 'Nuclear Wintour' - suggest he is made of stern stuff.

In the US, reports of the growing rift between the magazine empire's two most influential editors burst into the open this week with several outlets seemingly 'briefed' about the simmering tensions.

'Anna Wintour's Feud With Her Protege Is Turning Conde Nasty' read one headline in an article which alleged that Enninful is 'apparently gunning for the Iron Lady of Gloss's plum job' and has told associates he 'believes he can do a better job than Wintour atop the Vogue brand'.

The publication speculated Wintour may try to 'appease' Enninful, who has spent recent weeks on a book tour promoting his memoir, A Visible Man, by manoeuvring him into another coveted position, perhaps the editorship of an alternative magazine in the Conde Nast stable, to protect her own job. 'Anna is no fool, so people expect there to be musical chairs soon,' said one source.

Tongues were wagging last month when Enninful was absent from a glamorous 'Vogue World' event in New York hosted by Wintour to showcase her vision for the magazine's future.

A source said: 'He'd been all over New York promoting his memoir so



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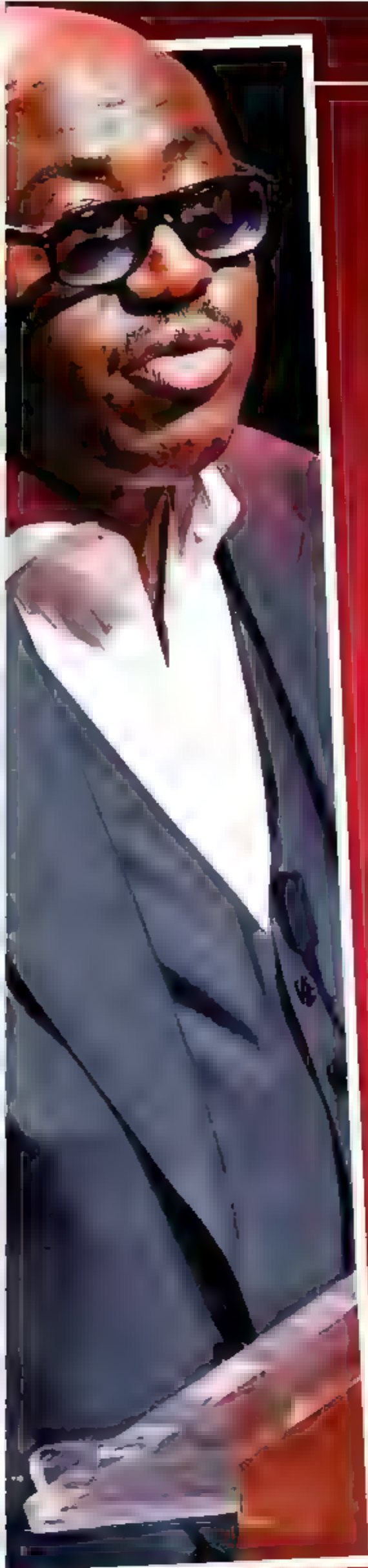
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Edward Enninful wants to make it 'genderless'. Anna (Nuclear) Wintour wants it to remain the style bible for women. As the battle for the Vogue crown hots up...



# Will the King of woke kill off the Queen of fashion?

our, and with them a number of 'young, cool and gay hipsters'. One of them is his protégé Alex Kessler, a fashion editor who lists his pronouns as he/him.

Not to be outdone, Wintour was prompted to look at her own empire which had been criticised for being 'white-centric'. Certainly since then she has sought to promote diversity and once famously looked around an editorial meeting and declared: 'Why are there so many white people in the room?'

But if Wintour views Enninful as a threat, her supporters are not admitting it. Last night one said: 'Everyone is making a big deal about Edward putting Timothée on

the cover, but Anna put Harry Styles on the cover of American Vogue two years ago.

'Anna is tough. She's survived three decades at the very top of her game. She's like the Queen, she will die in that job. She'll never willingly hand it over.'

'Anna has been always very firm in her view of what Vogue should be; a fashion bible for women.'

But, it seems, Enninful is a man with a mission. He has also been on a major charm offensive in the States as he promotes his book.

In a profile in the New York Times, he spoke about his lifelong battle against racism, telling the now infamous story about how a

white security guard at Vogue's London HQ turned him away from the front door and told him to use the tradesman's entrance.

Although the guard was fired, Enninful used the anecdote to illustrate the daily racism that he encounters, including having to ask a white staff member to hail cabs for him.

The piece gushingly described Enninful as 'at the vanguard of a new cohort' who 'yanked open the fusty chintz curtains and displayed an aurora borealis of different races, sizes, ages and sexualities'.

He also quietly showed off his star power by handing the author of the New York Times piece a list

of friends to contact which started with: 'Beyoncé. Rihanna. Naomi. Iman. Oprah.'

A well-placed source predicts Enninful will remain undeterred in pursuit of his goals. 'In public, he and Anna show nothing but respect for each other but there seems no doubt that he is gunning for her crown,' the source said.

'She may have tried to move with the times, and kudos to her for trying, but she cannot change the fact she is an old white woman.'

His value has been recognised within the company. Enninful now holds the title of European Editorial Director of Vogue as well as Editor-in-Chief of British Vogue,

giving him control of influential Vogue editions in Italy, France and Spain. And, whatever he is doing, it's working.

While British Vogue's readership is small (around eight million between print and digital compared with American Vogue's 25million, according to Conde Nast), British Vogue's subscriptions rose more than 14 per cent in 2021 compared with the previous year.

As Enninful told the New York Times: 'You can still have diversity and keep the quality up,' pointing to covers featuring Rihanna and Beyoncé and a special issue guest-edited by the Duchess of Sussex.

**H**E HAS also gained powerful allies including Conde Nast publisher Si Newhouse's wife Ronnie, who has known him since the 1990s when she was the creative director for Calvin Klein and he was the stylist for Kate Moss's jeans campaign. Richard Dennen, clearly influenced by his colleague, now ensures every other Tatler cover features a person of colour.

As for Enninful, in public at least, he remains diplomatic. When asked by the New York Times if he 'had ambitions to run the Vogue mothership', he responded: 'I'm happy working in Europe.'

'But you never know what the future holds.'







# The Queen of bunion busters! Stars follow in Camilla's (exceedingly comfortable) footsteps

By Claudia Joseph

THEY are the fashionable bunion-busters that keep the Queen Consort comfortably on her toes throughout the hundreds of official visits and walkabouts she undertakes every year.

Now Camilla's status as a style-setter has inspired a host of celebrities to step out in footwear from London-based Sole Bliss, too.

Bake Off stars Prue Leith and Dame Mary Berry, Strictly judge Shirley Ballas, tennis coach Judy Murray, screen Dames Helen Mirren and Joanna Lumley, and former Liberty X singer Michelle Heaton are among the celebrities spotted in the brand.

Camilla became an unofficial ambassador for the company after reluctantly accepting that her days of heels higher than two inches were behind her when she turned 70.

She was first seen in a Sole Bliss shoe - a £149 Ingrid camel leather block heel - at the Royal Cornwall Show in 2018.

'When I saw a photo online I was so excited I jumped up and knocked over my Aperol Spritz,' company founder Lisa Kay said.

Since then, Camilla has bought more than a dozen pairs of their footwear, wearing them on

## Old shoes made her scream in agony at the end of every day

nearly every Royal engagement - including those in the week after the Queen's death, when she was nursing a broken toe.

The Queen Consort has even sung the brand's praises directly. Dame Mary recently revealed: 'I've started wearing new high heels recommended to me by the Duchess of Cornwall. I used to buy all my shoes from Russell & Bromley but now I wear these. They're very good value.'

Camilla, 75, was once known for her love of Chanel court shoes, with their classic intertwining CC logos symbolising her relationship with Charles. But she has since revealed that she was often 'screaming in agony at the end of the day' and desperate to kick her heels off 'at every opportunity'.

Sole Bliss shoes are wider than other brands, and have cushioned soles and deeper toe boxes to help reduce the pain of bunions, which afflict more than a third of women over 30.

When sales of its more formal shoes nose-dived during lockdown, the company added trainers to their range - designed with the help of a team of podiatrists to include an 'innovative bunion bed' - widening their appeal even more.

Ms Kay said: 'We are very grateful to the Queen Consort for her custom and we are delighted to hear that we have been recommended for our comfortable, fashionable shoes.'

Now can you match the Sole Bliss shoes, right, to their celebrity owners, below?

## SO WHO'S WHO IN THE CAMILLA SHOES?



**ACE:** At £189, Pandora suedes are perfect for this tennis mum



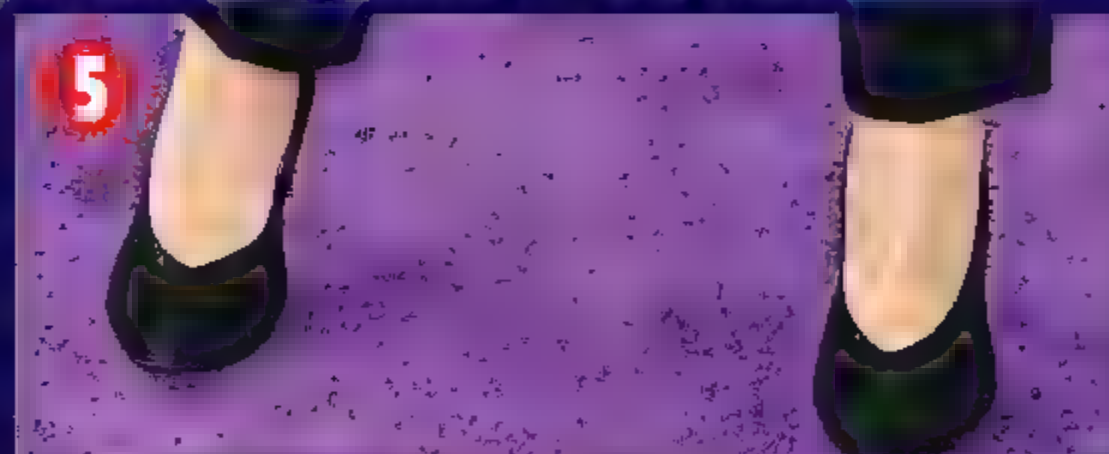
**X APPEAL:** £179 Hero trainers give Liberty to this singer's feet



**A LOTTO COMFORT:** Put these on after a Big Breakfast...



**BERRY NICE:** Heels give this baking Dame a nice little lift



**FAST, NOT FURIOUS:** A prime suspect for mimicking any Queen



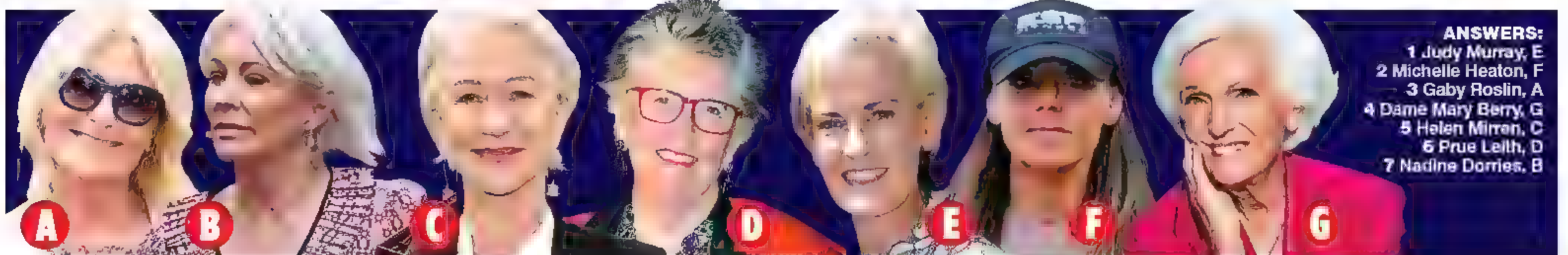
**IN THE FRAME:** Cook's Hero shoes are a Prue-dent purchase



**CULTURED MP:** Are £189 Star trainers kept in her old Cabinet?

NICKY JOHNSTON, STEPHEN CRAWFORD, STEVE BACK, PA, WIREIMAGE, REX/GETTY, FILMMAGIC

**BLISS:** Camilla in her favourite shoes' first public outing in 2018



### ANSWERS:

- 1 Judy Murray, E
- 2 Michelle Heaton, F
- 3 Gaby Roslin, A
- 4 Dame Mary Berry, G
- 5 Helen Mirren, C
- 6 Prue Leith, D
- 7 Nadine Dorries, B





## Lila has designs on designing

SHE'S an emerging catwalk star but could Lila Moss soon be designing clothes as well as modelling them?

I only ask because she's landed a place at the prestigious Parsons School of Design in New York, where alumni such as Donna Karan and Marc Jacobs learned their trade. Supermodel mum Kate will no doubt be delighted – in a recent Vogue interview she described Lila, left, as 'very studious'.

Lila celebrated winning her place – and her 20th birthday – on Thursday at Manhattan club Indochine, once a haunt of Andy Warhol. She was joined by best pal Stella Jones, daughter of The Clash guitarist Mick Jones.

♦JIMMY Choos are loved by the new Princess of Wales, but the man behind the heel also had a fan in her predecessor, Diana. Jimmy, 73, says he and the late Princess would often discuss and draw designs over tea at Kensington Palace and afterwards she would send him off with bottles of Cava – in charity shop bags.

# Emily

Got a story? Email [emily.prescott@mailonsunday.co.uk](mailto:emily.prescott@mailonsunday.co.uk)

With Isolde Walters



## By George! Baby No 2 on the way for Osborne and Thea

GEORGE OSBORNE declared he had 'probably never been happier' when he announced a relationship with his former adviser after ending his 21-year marriage.

And now it seems things are about to get even better for the former Chancellor, as I can reveal he's expecting his second child with Thea Rogers, who's now his fiancée.

George, 51, and Thea, 40, are planning for an arrival around the New Year and friends tell me the duo are 'thrilled' to be expanding their brood and 'couldn't be happier'.

Their son Beau was born in July last year.

George, who is chairman of the British Museum, and Thea, his former chief of staff, announced their engagement last April but have not yet tied the knot.

Half-French Thea started her career at the BBC before moving into government and then becoming a top executive at takeaway firm Deliveroo.

She stepped away from the corporate world last year to embrace motherhood. 'Now is a great time for me to begin a new chapter as well as to spend more time in the next few months with my baby Beau,' she said earlier this year.

While working in No 11 Downing Street, she was credited with giving her boss a much-needed makeover. She is said to have

**EXPECTING AGAIN:** Thea and George with baby No 1 Beau last year

'metrosexualised' him, modernising his haircut and clearing out ill-fitting suits from his wardrobe.

She also encouraged him to lose weight by going on an intermittent fasting regime.

George has even said that he is now a fan of extreme-workout gym class Barry's Bootcamp.

This will be Thea's second child, while George has two grown-up children from his marriage to novelist Frances Osborne.



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## Baz all shook up

♦ELVIS director Baz Luhrmann admitted to feeling groggy after Vogue supremo Anna Wintour threw him a 60th birthday bash – in three parts. Baz, left with wife Catherine Martin, described it as 'a dinner, a fiesta then a blurry bit at the end!' Meanwhile, his acclaimed film will soon be coming to the stage. 'I can't see how it would not be turned into a musical,' the Aussie told me at a performance last week of his show *Moulin Rouge!* for the Teenage Cancer Trust.





# Prescott

## THE HOTTEST GOSSIP



### Is Paloma putting her faith in a new man?

SHE'S been dealing with what she described as a 'personal life crisis' – and is reported to have split from the father of her two children.

So it's heartening to see Paloma Faith out and about looking relaxed and happy, left, in the company of a dashing new friend.

The singer and actress, 41, beamed, below, as she strolled through Soho with Pete Jolliffe, a drum and bass producer based in North-East London. He placed an arm around her shoulders as she grasped him close around the waist.

Paloma has two daughters with French artist Leyman Lahcine. They had been dating since early 2013 and are said to have married secretly in 2017. Their children were born in 2016 and 2021. But the pair no longer follow each other on Instagram, and at the start of the year the singer and actress announced that she was in the middle of a personal life crisis.

Paloma said that only music and writing were keeping her going – so it's great to see she has found another reason to keep smiling!



PA: PICTURES; GOLF PHOTO; DAVID HARTLEY; DAVE BENNETT/REX; GETTY



### Attention, Meg!

IT LOOKS as if fashion designer Misha Nonoo, right, has taken her best pal Meghan Markle's Royal links to heart.

Mother-of-two Misha has decked out her children's playroom at her London home with these images of Guardsmen. Meghan has in the past praised Misha for helping out with her style – so I wonder if this will inspire the Duchess to adopt a more regal aesthetic?

### Cara sitting on a £42m fortune



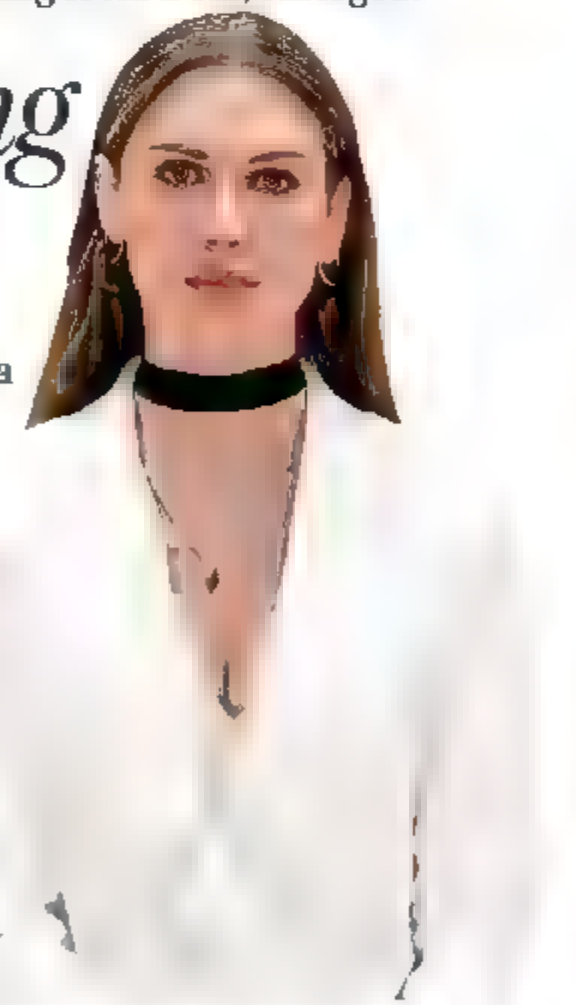
AS BRITAIN'S highest-paid supermodel, Cara Delevingne's wealth is as eye-popping as her colourful private life, with new accounts revealing she has £42 million in assets. And her career is clearly soaring across the pond as her accounts take in her two US subsidiary companies – Cara & Co (US) Inc and Hot Mess Industries LLC. Cara, 30, left, is also a director of her family's property empire, Harvey White Properties Ltd. But of course money isn't everything, and last month sister Chloe flew to Los Angeles after Cara's family became alarmed when troubling photos, including one showing Cara's feet dangling from a car, emerged.

### Sabrina's taking life so seriously

IF ARISTOCRAT Sabrina Percy is to make a success of being a life coach, she needs to get people to take her seriously.

Sabrina, right, who is a distant relative of the Duke of Northumberland, tells me she is fed up with receiving sarcastic comments about how someone so privileged can offer tips to those trying to reach important goals.

Sabrina, married to Franco Manca pizza heir Phineas Page, isn't letting the criticism hold her back – she has launched a mobile wellness clinic with two doctors and is in the middle of studying for an MBA.



### R-Patz's raw deal

WITH his starring role in The Batman, he is used to hanging around in caves. So I couldn't help smiling at the prospect of actor Robert Pattinson, left, being on a 'caveman diet'. R-Patz has been shelling out nearly £80 a day to have meals delivered by upmarket service The Pure Package. It's not known exactly which package he has chosen but the firm features only super-healthy meals such as the Paleo diet – foods our Neanderthal ancestors would have eaten, including lean meats, fish, fruits, vegetables, nuts and seeds. But by choosing to have boxes delivered, at least the star hasn't been forced to hunt and gather the ingredients himself...



◆ LUCIAN Freud's portrait of the late Queen is one of the biggest draws in the National Gallery's new exhibition of the infamous artist. But don't try to sneak a snap of the painting if you go.

The 6in by 9in work has been lent by the Royal Collection on strict orders that no photos are allowed – and eagle-eyed gallery staff will demand any images are deleted. When it was unveiled, some critics said it made the Queen look like one of her corgis.



◆ TALK about suffering for your art... handsome Rafferty Law, left, was so determined to perfect an American accent for a TV role it took him ages to shake it off.

The son of Jude Law and Sadie Frost is set to appear in Steven Spielberg and Tom Hanks's new Second World War mini-series Masters Of The Air. After filming in the US, Raff, 25, needed a whole month to get back into 'the London rhythm' after speaking with an American twang for so long.



LAST week's Mail on Sunday reported how a new book by veteran Royal reporter VALENTINE LOW reveals that aides of Prince Harry's wife Meghan branded her a 'narcissistic sociopath' over her demanding behaviour – mischievously calling themselves the 'Sussex Survivors' Club'. Now, with the Daily Mail, we are serialising the book which shines an unforgiving light on the Sussexes...

**O**N THEIR tour of the South Pacific, Harry and Meghan were going down a storm. Massive crowds turned out to see them, and the Duchess's refreshingly informal approach was proving a hit. Behind the scenes, however, it was a different story. Although she enjoyed the attention, Meghan failed to understand the point of all those Royal walkabouts, shaking hands with countless strangers.

According to several members of staff, she was heard to say on at least one occasion during the 2018 tour: 'I can't believe I'm not getting paid for this.'

PALACE officials knew that a lot was riding on Meghan Markle. Her racial background – she has a black mother and a white father – and the fact that she had a successful career as an actress also meant they couldn't afford to repeat the mistakes made with Princess Diana.

Back then, the Palace hadn't done enough to make Diana feel welcome or to understand her needs. But lessons had been learned, and perhaps people tried harder to help the latest addition to the Royal Family than Meghan has acknowledged.

Before her wedding to Harry, she had a meeting with Miguel Head, William's private secretary, who told her that the Palace would do everything it could to help her.

There was no need to think she had to take on her new role in a particular way, he said. She didn't have to be straitjacketed.

As Meghan had already made it clear she had no wish to carry on her acting career, they spoke about related work she might do – as a producer or director, for instance, or a writer – and whether she might work in the charitable sector.

What Head was telling Meghan was: none of this is closed off. We can talk about it.

Meghan thanked him, and said she wanted to concentrate on her humanitarian and philanthropic work, and to support Harry as a member of the Royal Family.

As one source said: 'The entire place, because of everything about her, and because of what Harry's previous girlfriends had been through, was bending over backwards to make sure every option was open.'

Since then, it's been suggested that it was only when things started going wrong for Meghan and Harry that their advisers scrambled to find a solution. Not so: long before any kind of crisis, senior courtiers were making considered and imaginative attempts to help them navigate the next few years.

Sir David Manning, the former Ambassador to the US who was William and Harry's foreign affairs adviser, had actually been drawing up proposals before Harry and Meghan got married – indeed, before Manning had even met her.

Aside from Royal duties, he felt, there should be time for them to pursue their own philanthropic and other interests. Harry's love of Africa and deep-seated interest in conservation should be built into the programme.

**PRIME SUSPECT:** Mohammed bin Salman, who gifted the earrings, is said to have ordered journalist's killing

## THE ROYAL BOOK EVERYONE IS TALKING ABOUT

By VALENTINE  
LOW

And Meghan should have private time to keep in touch with her roots in the US.

So far, so obvious, perhaps. But Manning had another thought.

Soon after the Queen and Prince Philip married, they'd lived in Malta, while William and Kate had started married life in Anglesey. Harry and Meghan could also go away for a while, said Manning. A year in South Africa seemed the obvious choice.

A paper was written outlining the options, and the couple were said to like the idea of a year in Africa.

In the end, however, the idea never took off. Money and security

was probably of limited use, Manning, Head and others were doing their best to help her.

What they hadn't bargained for, however, was Meghan and Harry's growing sense of frustration – coupled with their suspicion of the Palace establishment.

In the Sussexes' view, the efforts of well-meaning courtiers – even back in 2017 – just weren't good enough. This was a pattern that would be repeated time and again.

A FEW days after Meghan and Harry got married, Buckingham Palace announced that Samantha Cohen, the Queen's former assistant private secretary, would be stepping in as their interim private secretary.

At the time, Cohen had been planning to leave after 17 years at the Palace, but the Queen, who had a high regard for her, had asked her to stay on to help the newlyweds.

This was not the Queen imposing her own stooge on them. Instead, she was coming to the rescue by persuading one of her most valued members of staff to guide them through their first six months of married life.

Harry knew Sam Cohen well, as did William, and was very fond of her. The feeling was reciprocated, and she was determined to make her new job work.

She was soon to discover, however, that making Harry and Meghan happy was a bigger challenge than she had anticipated. One source said that Cohen was bullied.

Another said: 'They treated her terribly. Nothing was ever good enough. It was, "She doesn't understand, she's failing."'

In fact, the source said Cohen was 'a saint' and the best organiser of Royal tours they had ever known.

In autumn 2018, she accompanied the Duke and Duchess on an official trip to Australia, Fiji, Tonga and New Zealand. On the journey from Tonga to Sydney, Cohen was said to have had a particularly torrid time, according to one source. 'Sam had been screamed at before the flight, and during.'

After that, Cohen warned other staff to stay away from Harry and Meghan for the rest of the day. And that evening, her colleagues tried to arrange matters so she

**'They treated  
their top aide  
terribly. Nothing  
was ever  
good enough'**

were probably the two big problems that scuppered it.

'It ran into the sand,' said Manning. 'The problems were real, and there was not a willingness to find the resources.'

The Queen had also been keen to help. At her request, the Lord Chamberlain, Earl Peel, the most senior figure in the household, met Meghan to explain how the Palace worked. While this Royal tutorial



### TOUR OF FIJI

**A BAD LOOK:** In the earrings, days after the Saudis admitted killing Khashoggi

didn't have to see the couple any more than was necessary.

According to one source, Sir David Manning – always a reassuring presence on tours – would say: 'You are dealing with a very difficult lady.' He wasn't referring to Cohen.

In February 2021, the Duchess's lawyers denied that Cohen had been bullied, saying the couple were always grateful for her sup-

port and dedication and that she 'remains very close' to them.

**DURING** their tour, Harry and Meghan spent 48 hours in Fiji. On the first night, they attended a state dinner hosted by the president, at which the Duchess wore an eye-catching pair of diamond earrings. Kensington Palace said



# UNRAVELLED:

## The mystery of Meghan's 'bloodsoaked' earrings from Saudi prince – and why royal staff were too scared to ask why she was wearing them

they were loaned, but refused to say from whom. Even by Palace standards, this struck reporters covering the tour as unnecessarily unhelpful.

The reason for this reticence would not become apparent until more than two years later, when I revealed that the chandelier earrings had been a wedding gift from the Crown Prince of Saudi Arabia, Mohammed bin Salman. At the time of the wedding, there was nothing controversial about the gift. However, on October 2, 2018, the journalist Jamal Khashoggi, a leading dissident, was lured to the Saudi consulate in Istanbul, where he was murdered and dismembered before his body was disposed of. In the run-up to the Sus-

sexes' tour, the murder was a major international news story.

As early as October 12 – four days before the start of the tour – suspicions were growing that the Crown Prince had personally ordered the killing. Then, on October 20, three days before the dinner in Fiji, Saudi Arabia admitted its officials were responsible for his death.

The idea that Meghan would, at a state occasion, knowingly wear earrings given to her by a man accused of having blood on his hands was surprising – to say the least. Meghan's staff, in particular, were bemused that she should wear them, given her previous public advocacy for women's rights in Saudi Arabia. So the Kensington

Palace briefing that the earrings were loaned had been misleading. But who was responsible?

Sam Cohen told colleagues at the time that the earrings had been borrowed from the jeweller Chopard. This, one presumes, is because it's what she had been told. It was not true, however.

A couple of months after the dinner, a sharp-eyed reader of a blog called Meghan's Mirror spotted that they were from a collection by the Hong Kong jeweller Butani. So, not Chopard, and not borrowed from the jeweller. Was it an honest, if surprising, mistake? Or was someone lying? And if so, why?

The earrings were given another outing three weeks after Fiji,



**CHARLES'S 70TH BIRTHDAY.**

**SECOND OUTING:** Duchess wore the controversial jewellery a month later

when Meghan wore them to the Prince of Wales's 70th birthday party at Buckingham Palace on November 14. At that time, Cohen still appeared to be under the impression that they'd been loaned by Chopard. However, others knew the truth.

When the earrings had first appeared in photos, London-based staff responsible for registering details of all Royal gifts had recognised them and alerted Kensington Palace. A source said: 'We made

**'We did not confront them for fear of what their reaction would be'**

a decision not to confront Meghan and Harry on it, out of fear for what their reaction would be.'

After the Duchess wore the earrings for a second time, an aide took up the matter with Harry. He is said to have looked 'shocked' that people knew where the earrings came from, although the Sussexes' lawyers deny that he was ever questioned about their provenance.

Later, Meghan's lawyers, Schillings, said: 'At no stage did the Duchess tell staff that the earrings were "borrowed from a jeweller", as this would have been untrue and therefore any suggestion that she encouraged them to lie to the media is baseless.'

Two days later, Schillings added: 'It is possible she said the earrings were borrowed, which is correct, as presents from heads of state to the Royal Family are gifts to Her Majesty the Queen, who can then choose to lend them out to members of the family.'

But that is not convincing: if the earrings were loaned by the Queen, staff would have said so. And no one in normal conversation would ever have referred to them as being loaned; they were a wedding gift for Meghan, to use as she liked.

Meghan's lawyers also argued that she had no idea about Prince Mohammed's suspected involvement in Khashoggi's murder. But by the time she wore the earrings for a second time, this claim was even harder to sustain.

Meghan was no airhead princess: she kept up with current affairs.

She once told a gathering for International Women's Day that she read *The Economist* because she sought out 'journalism that's really covering things that are going to make an impact'.

Between mid-October and early November 2018, *The Economist* ran at least two articles examining the role of Mohammed bin Salman in the murder of Jamal Khashoggi.

THAT wasn't the end of the Duchess's problems in Fiji. The day after the state dinner, she paid an official visit to a market to see the work of Markets For Change, a project run by UN Women.

According to her timetable, Meghan was due to spend 15 minutes there talking to female vendors. However, after just eight minutes, she was rushed out.

The Kensington Palace press office was immediately sent into a panic, with sources initially claiming that the decision to leave early was because of 'security' fears. That was later changed to concerns about 'crowd management issues'.

The real reason for her premature departure only emerged two years later, when I was told it was because Meghan was concerned about the presence of UN Women, an organisation promoting the

**'Duchess bailed out on her visit because of all the UN logos'**

empowerment of women, which she'd previously worked with as an actress on the TV series *Suits*.

Before her visit, the Duchess had told her staff she would only go to the market if there was no UN Women branding, a source said. So before Meghan arrived there, staff did their best to reduce the visibility of the organisation.

However, footage of the visit shows her surrounded by women in blue tops bearing the UN Women logo. At one point, the Duchess, with a fixed smile, can be seen whispering to a member of staff, who grimaces.

Meghan reportedly told an aide: 'I can't believe I've been put in this



# 'Sussexes pushed their aide to her wits' end'

» From Page 43

situation.' Moments later, she was ushered out.

In the resulting chaos, Meghan ended up travelling to the next engagement by herself, while Sam Cohen had to go in the back-up car. A staffer remarked at the time: 'That's insane. She is nuts.'

One stallholder said: 'It is such a shame, as we were all very excited to meet her. We started preparing for the visit three weeks ago... but she left without even saying hello.'

Afterwards, the member of staff whom Meghan spoke to at the market was seen sitting in an official car, tears streaming down her face.

It's not clear why the Duchess had such strong feelings about UN Women. In 2015, she had accepted an invitation to be a UN Women Advocate for Women's Political Participation and Leadership. But by 2018, she appeared to be less happy to be associated with them.

Meghan's lawyers said in 2021: 'This is completely false. The Duchess is a keen supporter of UN Women and has never objected to their branding. The only reason the Duchess was evacuated from the [Fiji] event was due to safety concerns.'

Meanwhile, Sam Cohen was continuing to have a tough time.

On the day that Harry and Meghan flew from Tonga to Sydney, their communications chief Jason Knauf – who had been in daily contact with the couple's staff from London – wrote an email to his immediate boss.

The tour, he said, was 'very challenging' and 'made worse by the behaviour of the Duchess'. He also expressed concern about Sam Cohen: 'I raised the very real possibility that she could be struggling with severe stress and could have to walk away from her position.'

THE growing rift between William and Harry, coupled with allegations that Meghan had bullied staff, accelerated a major shake-up at Kensington Palace to split their joint household.

First, a decision had to be made

about what the Sussexes' household would look like, and where it would be based. It was a battle, and one that would come to typify the couple's relationship with Buckingham Palace. The Palace wanted to set them up with an office within Buckingham Palace itself. They felt they were being pretty generous. 'We bent over backwards to try to accommodate them,' said one senior Palace official. 'We gave over half of... what was known as

**'It was like working for two teenagers ... they were impossible'**

the Master's Corridor to allow them to have a very effective office.'

But it wasn't what Harry and Meghan wanted. They preferred to have their own set-up, probably at Windsor Castle, near their new home of Frogmore Cottage.

They wanted complete independence. If they were stuck in Buckingham Palace, subservient to the whole Palace machine, they'd be no better than other lesser Royals such as the Duke of York or the Earl and Countess of Wessex.

There was no way, however, that

the Palace would fund the establishment of a completely separate satellite operation. And this was a decision taken not by the men in grey suits but by the Queen and the Prince of Wales, both keenly aware of the need to avoid unnecessary extravagance.

While unhappy about this, the Sussexes did, at least, get a big team, which included a new communications secretary, hired in early 2019. Sara Latham, a sharp, fearless redhead, was a dual US-British citizen, and completely in tune with the values espoused by Harry and Meghan.

It didn't take long for the shine to wear off.

The spring and summer of 2019 saw a series of battles with the media, and some spectacular own goals by Meghan and Harry.

First, the Palace put out a statement saying that the Duchess had gone into labour, only for it to emerge that she had, in fact, given birth eight hours before the statement went out. Later, when Archie was christened, the couple refused to let the godparents be publicly named, a decision that lost them even more sympathy.

Sam Cohen 'was at her wits' end', said a friend. 'She was constantly having to battle on Harry and Meghan's behalf, while taking all this abuse from them.'

Cohen also found herself getting far more involved in arranging their private lives than would normally be appropriate for a private

secretary, who – despite the job title – is just there to look after their official lives.

Having stayed on longer than the six months she'd promised, she was clearly delighted when she finally left her job. A source said: 'Sam always made clear it was like working for a couple of teenagers. They were impossible and pushed her to the limit. She was miserable.'

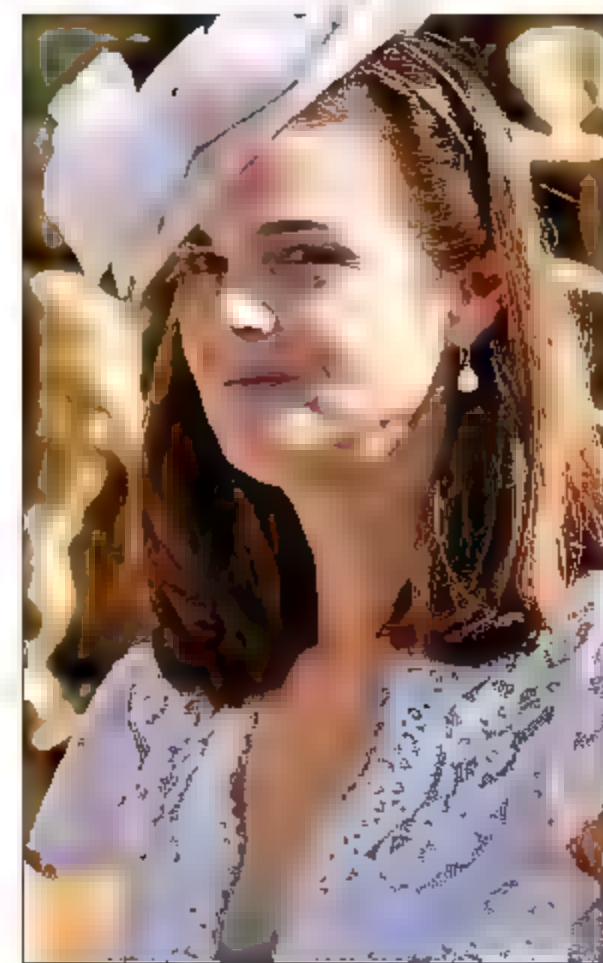
That summer, after Harry had given a barefoot address about the need to save the environment, he and Meghan took four flights on private jets in less than a week to visit Ibiza and the South of France.

This prompted accusations of hypocrisy, and rows with Sara Latham, who had advised Harry against taking private jets. Relations between the couple and their media adviser became increasingly tense. Close colleagues began to wonder if Latham would even make it to the end of the year.

By August 2019, things were 'awful and tense' within the Sussex household. Staff were increasingly aware of the background presence of Meghan's business manager, her lawyer, her agent and her US publicist.

The American team had been busy on Meghan's behalf, working on deals not only with Netflix – for an animated series about inspirational women – but also with the now-defunct streaming service Quibi.

Her Los Angeles team also handled Harry's deal for his mental



**VALUED:** Sam Cohen was previously the Queen's assistant private secretary

health series for Apple+ with Oprah Winfrey, and Meghan's voiceover for a Disney film about elephants.

One insider revealed: 'The team in America did pose problems for staff at KP [Kensington Palace]. There was always quite a lot of secrecy surrounding the couple's conversations with the US.'

'Certain people would be in the know about what was going on with things like Quibi, while others wouldn't have a clue.'

'Discussions that had been quite public would then suddenly go underground, into the "private" space. It was all quite difficult to manage at times.'

Relations between Meghan and her senior advisers were now unravelling fast. They felt their advice wasn't being listened to, and that they were there just to execute strategies they'd had no part in drawing up. Instead of trust and openness, there was suspicion.

By the time the relationship had deteriorated completely, Harry and Meghan's team would refer to themselves as the Sussex Survivors' Club. The core members – Sam Cohen, Sara Latham and assistant press secretary Marnie Gaffney – came up with a damning epithet for Meghan: that she was a 'narcissistic sociopath'.

On repeated occasions, they would say: 'We were played.'

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● Adapted from *Courtiers: The Hidden Power Behind The Crown*, by Valentine Low, to be published by Headline on Thursday at £20. To order a copy for £18, go to [mailshop.co.uk/books](mailto:mailshop.co.uk/books) or call 020 3176 2937 before October 15. Free UK p&p on orders over £20.

**IN TOMORROW'S DAILY MAIL WHY HARRY SPURNED WILLIAM'S OFFER OF A SECRET SUMMIT MEETING**

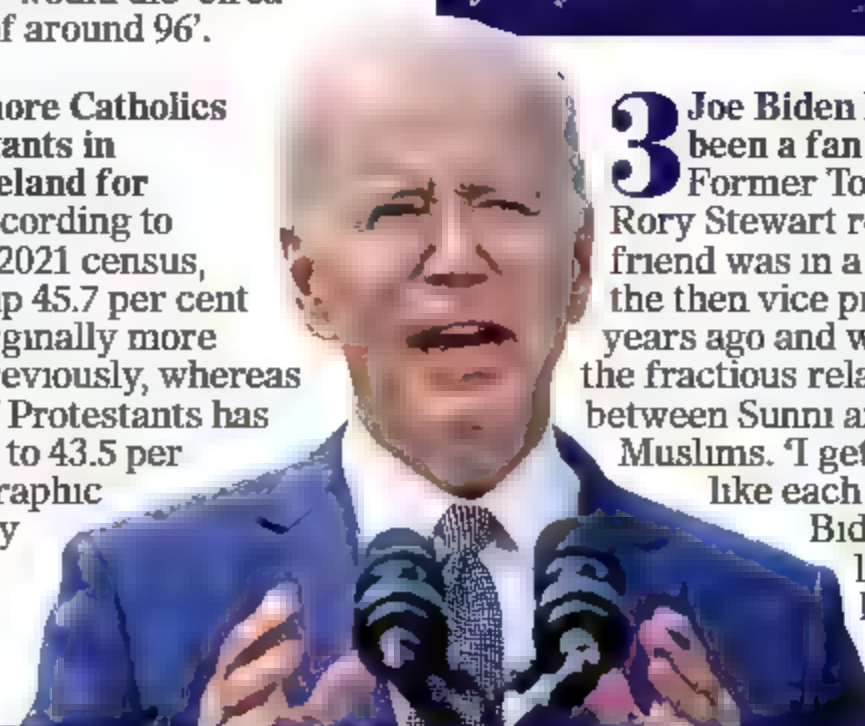
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\*Nelson BB ScanTrack Total Coverage Unit Sales 52 wks 16/07/22. To verify contact Vitabiotics Ltd, 1 Apsey Way, London W14 7AF. \*Non contribute to normal cognitive development of children.

**1** Nostradamus has, apparently, done it again. The 16th Century French astrologer – previously credited with predicting events including the Great Fire of London, the rise of Napoleon, the Apollo Moon landings and 9/11 – is said to have foreseen the death of the Queen. A selection of the seer's prophecies published in 2006 said Her Majesty would die 'circa 2022, at the age of around 96'.

**2** There are more Catholics than Protestants in Northern Ireland for the first time. According to results from the 2021 census, Catholics make up 45.7 per cent of residents, marginally more than ten years previously, whereas the proportion of Protestants has fallen five points to 43.5 per cent. The demographic milestone is likely to intensify demands for a referendum on uniting Ireland.



**5 things we learned this week**  
By Jon Connell  
of daily online newsletter THE KNOWLEDGE

**3** Joe Biden has never been a fan of the British. Former Tory Minister Rory Stewart related how a friend was in a meeting with the then vice president some years ago and was explaining the fractious relationship between Sunni and Shia Muslims. 'I get it – they don't like each other,' said Biden, left. 'It's like me and the Brits,' he said, explaining: 'I'm Irish.'

**4** Earth is home to nearly 20 quadrillion ants. That, at least, is the best estimate of a new study published in the academic journal *Proceedings Of The National Academy Of Sciences* in the US. Twenty quadrillion is 20,000 trillion, or 2.5 million for every human. Together, the insects weigh more than all the wild birds and mammals on the planet.

**5** The trend for early suppers – known as 'twilight dinner' – is increasingly fashionable. Many people think it's partly a result of the Covid pandemic, which saw restaurant staffing shortages leading to earlier closing times, and people who work from home wanting to eat earlier in the evening to 'assert that the day has come to some kind of conclusion'.

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# Tesla boss Musk unveils his latest creation – a robot to do your chores

THE future seemed a little closer yesterday as Elon Musk unveiled the prototype of a robot he hopes will be put to work in millions of homes within five years.

The Tesla founder said the Optimus android could perform basic household tasks such as watering plants or carrying shopping.

Pitching it as the first mass-produced robot assistant, he aims to sell it for \$20,000 (£18,000) – about the price of a small car.

He told an audience at Tesla's AI Day event in Palo Alto, California: 'We are trying to follow the goal of fastest path to a useful robot that can be made at volume.'

Audiences watched as the 5ft 8in humanoid robot slowly and shakily walked on stage to join Mr Musk, before waving to the crowd.

A video then showed Optimus performing a variety of simple tasks, including picking up metal

By **Cormac Connelly-Smith**

parts from a crate and placing them on a table. Mr Musk, whose £216billion fortune makes him the world's richest man, said: 'The robot can actually do a lot more than we just showed you. We just didn't want it to fall on its face.'

A more advanced model, which Tesla hopes to put into production within five years, is still incapable of walking and had to be rolled on to the stage by engineers.

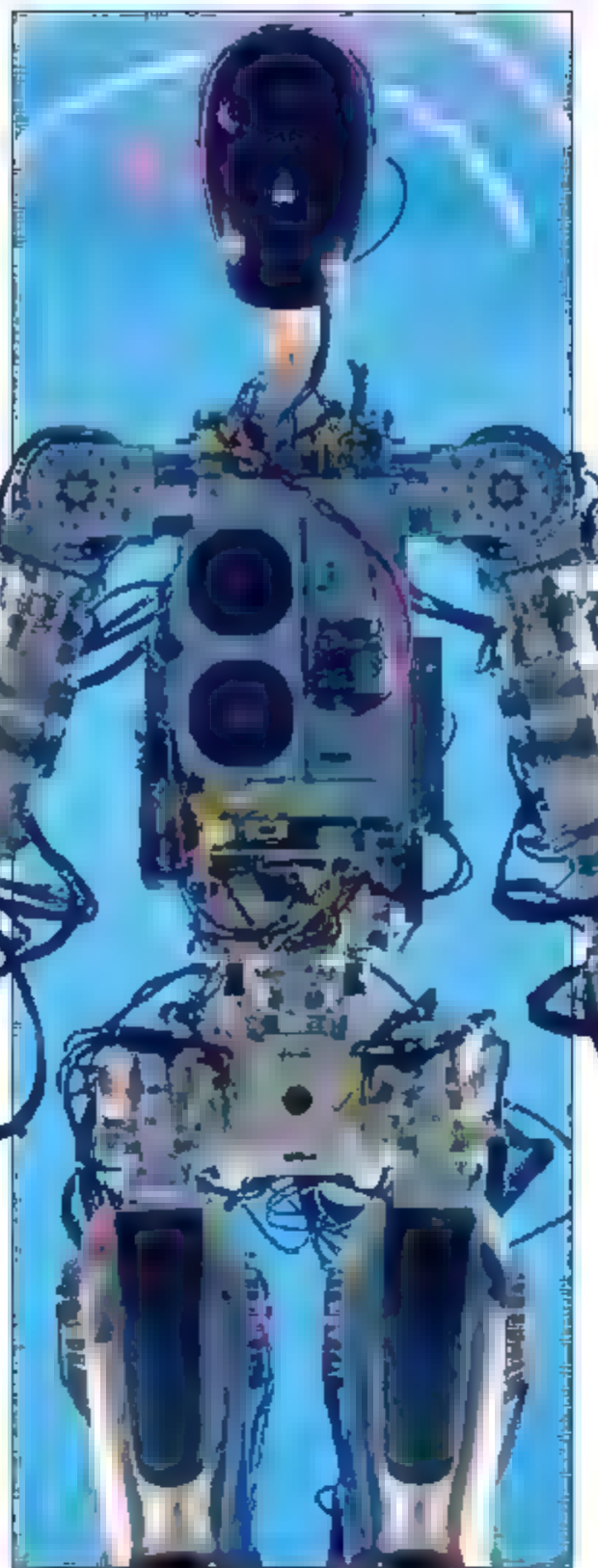
Although he admitted the project still required 'a lot of work', Mr Musk predicted the robot's technology would be 'mind-blowing' within a decade.

He said the creation of millions of androids, capable of performing industrial and manufacturing jobs as well as household chores, would 'transform civilisation' and even

eradicate poverty. Future versions of the machine, which uses the same artificial-intelligence system as the firm's self-driving cars, could even hold conversations, he said. He added: 'We want to have fun versions. An Optimus can be utilitarian, but it can also be kind of like a buddy and hang out with you.'

But the 51-year-old entrepreneur – who once described AI as a 'fundamental risk to the existence of human civilisation' – warned that the company had to be careful 'to not go down the Terminator path', referring to the 1984 sci-fi film starring Arnold Schwarzenegger as a killer cyborg.

He called for a regulator to police the safety of such technologies, and said he feared governments



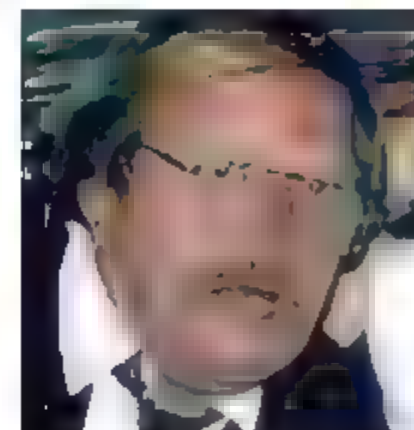
**SCI-FI SERVANT:** Optimus walks on stage in California yesterday

were not fully aware of the risks posed by AI. Mr Musk also said Tesla's shareholders were another check on the company's pursuit of AI, pointing out that they could fire him if he went 'crazy'.

## Tributes to MoS's Scott Gormley, 78

SCOTT GORMLEY, a senior production journalist on The Mail on Sunday for many years, has died aged 78 after a long illness.

Scott began his career on local newspapers in Shropshire before moving to the Daily Mirror. He later worked on the Daily Mail, Daily Express and finally the MoS, where he became Chief Sub Editor before being promoted to Executive Production Editor and later



Head of Production at the launch of Financial Mail on Sunday.

Personal Finance Editor Jeff Prestridge said last night: 'Scott could grasp the heart of a financial story in seconds and bring it to life on the page through imaginative display and headlines. His stellar production skills helped to make Financial Mail the best of its kind.'

Scott left the MoS in 2000 and retired to Shropshire, where he indulged his passion for golf.

He leaves his wife Tina and daughter Beth.



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# Was Paris Hilton's chihuahua snatched by a hungry coyote?

IT WAS the £10,000-a-day 'biggest dog hunt in Hollywood history' launched by a heartbroken Paris Hilton to find her beloved chihuahua Diamond Baby.

From **Caroline Graham**

IN LOS ANGELES

But last night it seemed the 18-day search for the hotel heiress's pooch has ended in tragedy - with experts now believing it was snatched by a hungry coyote.

A source closely involved in the hunt, which started on September 14 when Ms Hilton was away from her £8million Hollywood Hills home and a workman is believed to have left a side door open, told The Mail on Sunday: 'It's not looking good. It's been a massive hunt with global publicity, but we've not had a single sighting. Usually in a case like this there are multiple sightings if a dog is roaming loose.'

'If Diamond Baby had been dognapped, we would have expected a ransom demand by now. But there have been no calls.'

'It's very sad but Paris is coming to the conclusion she may never see Diamond Baby again. She is heartbroken.'

The hotel heiress, 41, pictured



with Diamond Baby, launched her dramatic appeal to find the six-year-old chihuahua, which she described as 'like a daughter to me', with a social media blitz last week.

She also hired a firm operating heat-seeking drones and an army of pet detectives, psychics and professional dog trackers to scour the land around her Mulholland Estates mansion.

But the source told the MoS: 'From the beginning the fear has always been that, because of the terrain, Diamond Baby may have fallen victim to wild coyotes. There has been a record heatwave in LA and coyotes are coming into residential neighbourhoods looking for food and water. They are starving.'

Ms Hilton is said to have 'not given up hope' for her Baby, which lives in a £280,000 'doggie mansion' and wears a £35,000 diamond-encrusted collar.

'She's heartbroken but will never give up on Diamond Baby,' a family friend said.

# Putin to make a fortune from London flats

By **Mark Hollingsworth** and **George Nixon**

VLADIMIR PUTIN is set to make hundreds of millions of pounds from a luxury development in an exclusive area of London, The Mail on Sunday can reveal.

Russia is building 255 flats on a site in Kensington it bought in 2006 for £8million using an offshore company. It is planning to use the vast profits from the scheme to refurbish its embassy properties in the capital.

But documents seen by this newspaper show that any 'surplus remaining' will go to the Kremlin.

The MoS can also reveal a Moscow-based banker convicted of corruption appears to have been closely involved in the development.

Elena Kotova is named in the planning applications to Kensington and Chelsea Council. She lost her job at the European Bank for Reconstruction and Development (EBRD) because she was convicted of corruption for seeking a £1million bribe in Moscow in 2014.



**CONVICTED:** Elena Kotova

The UK National Crime Agency also concluded that Kotova had solicited bribes to greenlight projects at EBRD from 2005 to 2011 and seized her £1.5million London apartment as well as £230,000 in cash. She maintains her innocence.

Land Registry documents show the Russian Ministry of Foreign Affairs and a

state-owned bank bought the land to be developed at 245 Warwick Road, Kensington. It is controlled through a complicated structure. Since 2008 there have been numerous planning applications submitted for the site, which Kensington and Chelsea Council approved in 2012.

Based on similar developments, the Kremlin stands to turn its £8million investment into hundreds of millions of pounds.

The news that Moscow is profiting from property speculation in the UK while fighting an expensive war in Ukraine will inevitably cause dismay.

This year, oligarchs with close ties to President Putin have been hit by sanctions.

Elsewhere in London, the Kremlin's properties include at least 12 flats and houses in central London. Its portfolio is estimated at £100million. The Russian Embassy did not respond to a request to comment.



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## Phil is axed from his £1m car ads but... M&S gives Holly new 2-year deal

By Katie Hind

MARKS & Spencer has extended its seven-figure contract with Holly Willoughby – despite accusations that she jumped the queue to see the Queen's lying-in-state.

The TV presenter, 41, will continue to be an ambassador for the firm for at least two years, it confirmed.

It comes as her *This Morning* co-host Phillip Schofield, 60, was dropped as the face of *We Buy Any Car* – a deal that reportedly earned him more than £1 million.

The pair, who deny queue-jumping or taking anyone's place, faced a backlash for avoiding the 12-hour line by using their press accreditation at Westminster Hall in London last month.

M&S said: 'We have extended our contract with Holly, and we will continue to work with her.'

A source close to Ms

Willoughby, who has her own clothes range in the store, said: 'Holly has been amazing for Marks & Spencer and has their full support.'

She has been assured by ITV that her *This Morning* job is safe after 75,000 people signed a petition calling for her and Schofield to be axed.

Sources close to Ms Willoughby fear that ITV was briefing against her. Some insiders believe it gave Schofield more support as he is signed to influential talent agency YMU.

The Sun reported yesterday that *We Buy Any Car* was shooting ads next week without Schofield. But the second-hand car firm said his role was always going to end after five years.



SUPPORT: Ms Willoughby

## Charity 'let down' On The Buses star Anna

By Jake Ryan

A PRESTIGIOUS actors' charity has been accused of 'failing' *On The Buses* star Anna Karen after she died in a fire at her home earlier this year.

Bedbound Ms Karen, 85, was killed when a blaze ripped through the ground floor of her home in Ilford, East London, in February.

The actress, who also appeared in *EastEnders*, was a beneficiary of the 140-year-old Actors' Benevolent Fund (ABF), of which King Charles is Royal Patron.

ABF has been accused of failing to find Ms Karen a home where she could receive appropriate care.

Charity sources claim bosses said they were unable to relocate Ms Karen to a home where she could live with her dog, even though a trustee had found homes willing to take them. One source said: 'Anna Karen didn't need to die in that fire.'

Ms Karen played Olive Rudge, right, in sitcom *On The Buses* between 1969 and 1973, and Peggy Mitchell's sister Auntie Sal in *EastEnders* from 1996 to 2017. An ABF spokesman said: 'Anna Karen was a long-term beneficiary of the charity and she received the financial support she had wanted.'



## Genesis sell music rights for £270m

PHIL COLLINS and his Genesis bandmates have become the latest rock stars to cash in on their back catalogue – selling it for £270 million.

The group, whose other members are guitarist Mike Rutherford and keyboardist Tony Banks, have sold the rights to hit songs including *Mama, Turn It On Again* and *Invisible Touch* to the US-based Concord Music Group. The deal includes Collins's hugely solo work and Rutherford's Mike + The Mechanics songs.

Bruce Springsteen sold the publishing rights to his recorded music and songwriting for £450 million, and Sting banked £260 million for his hits. Genesis stopped performing live this year.

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By **DANIEL JONES**  
CONSUMER  
AFFAIRS EDITOR

THE new energy price guarantee came into force yesterday, which means that a typical UK household's energy bill is set to rise to £2,500 - from £1,971 - for the next two years.

While the increase is considerably less than previously planned, it is still double the average from just one year ago.

The exact amount you will have to pay will depend on how much energy you use. But as winter sets in, millions of consumers will face the choice between cutting back on energy or falling into fuel poverty.

Follow our handy tips and advice for quick and easy ways to save energy, reduce your bills and cut your carbon footprint.

### 1. COOL IT, JUST A LITTLE

IF YOU turn down your thermostat just one degree, it will slash your heating bills and you may not even feel the difference. This could now save as much as £321 a year, says the energy supplier Utilita.

Most families are happy with a setting somewhere between 18C and 21C, but you may need it warmer for elderly or vulnerable people. Loop, an app that tracks smart



meter data, warns that even leaving underfloor electric heating on for an extra hour a day costs £567 a year under the new cap.

### 2. PUT THAT LIGHT OUT

LIGHTING makes up about 11 per cent of the average UK household electricity consumption, so encourage your family to turn off any lights you are not

using or when you leave a room. This will save you at least £25 a year on your annual energy bills, the Energy Saving Trust says. Use a sensor to control external lights so they are on only when they need to be.

### 3. GET AHEAD ON LED

LED (light-emitting diode) technology is the next best option to turn-

ing off a switch. Using up to 90 per cent less energy than conventional halogen light bulbs, LED bulbs are cost-effective, last longer and could save hundreds of pounds.

They do cost more to buy - but they last for ten years of regular use. Prices are coming down too. Even for brands like Philips they are down to £20 for six.

Moving to energy-efficient LED lighting saves the average British

# Q:

I'm spending more than usual at the moment. How can I know if I'll have enough for my monthly bills?

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family (over a year based on the new electricity prices) £18 to £22 per bulb. That would save a typical home £300 a year, according to Sig-

nify, owned by Philips, which carried out the analysis. Similar analysis by smart lighting experts 4lite reveals that a single LED bulb

now costs less than 4p a day to run based on six hours' usage.

Older bulbs can cost as much as 20p a day.

# Parents braced for return of more 'boomerang kids'

**YOUNG** adults are set to return to their parents' homes in droves as the cost-of-living crisis deepens, research for The Mail on Sunday shows.

A fifth of supposedly independent adults aged 18 to 34 say are considering such a move to avoid rising rent, energy and food bills.

'That would work out at two million people - a movement back home on the scale seen in Covid,' said Kelly Whittington, from insur-

By Daniel Jones

ers Aviva, who worked on the study. 'Of course, not this many will take the step. Many will not want to actually give up their freedom, and naturally mums and dads would need to be on board. But it shows how families are looking to get together to weather the financial storm.'

The growth of the so-called 'boom-

erang generation' could mean added costs for the parents if their offspring do not pay towards bed and board. Figures on whether young adults who return to the family home contribute - and by how much - depend on who you ask.

Half of parents say they receive a rent payment, averaging £197 a month. Yet of the younger generation, three-quarters claim they contribute an average of £318 a month. Researchers found that of the

## 4. TIME TO GET SMART WITH YOUR CONTROLS

SMART heating controls such as Hive, Nest and Honeywell can cut your bills and improve your comfort by making better use of the heating energy you pay for.

Consumer group Which? estimates that a medium-sized household could save at least £100 a year by using smart controls and cut the home's carbon emissions by 320kg per year. Savings will depend on the efficiency of your central heating, and how you were heating your home before.

## 5. TAKE CHARGE OF... CHARGERS

YOU can save at least £65 a year just by turning your appliances off standby mode, says the Energy Saving Trust.

Consider getting a standby saver or smart plug which allows you to turn all your appliances off standby in one go. Some satellite and digital TV recorders may need to be left plugged in so they can keep track of any programmes you want to record.

Many consumers are unwittingly overcharging their mobile phones and other gadgets through a tangled maze of chargers.

Instead, as soon as your device is fully charged, get into the habit of unplugging it. This will save energy and prolong battery life.

## 6. BE CANNY WITH YOUR DAILY CUPPA

THE Energy Saving Trust says that using less water in the kettle will save us at least £13 a year.

This is based on the average household boiling its kettle 24 times a week half-filled - three times more than required for a cup of tea or coffee. Its research found that filling the kettle with only as much water as you need has the potential to prevent two million tons of carbon dioxide being released into the atmosphere, in addition to saving households £1.1 billion across the UK.

## 7. HOW'S THIS FOR A WASH DAY RUSE?

UNDER the new energy price cap, average annual washing-machine running costs will increase from just over £63 to more than £117, says consumer group Which?

You can reduce this by not running the machine for small and light loads. It's more efficient to wait until you can fill the machine to at least 80 per cent full.

Also, consider washing at 30C, which will cut energy use by 38 per cent on average compared with a 40C wash, while washing at 20C will use 62 per cent less energy.

Avoid the tumble dryer. Dry clothes on racks or outside to save more money.



young adults who have left their family home, one in 20 firmly intend to move back. A further nine per cent have discussed the idea with parents but have yet to make specific plans. Another eight

**TENSIONS:** Only a minority of families where children return are happy about it

per cent have thought about it but not yet broached the subject.

Parents are even more convinced their children will return - with almost three in ten saying their child either plans to move home or has shown an interest in doing so. Already, 4.8million UK adults aged between 18 and 34 live with their parents, according to the Office for National Statistics.

Money concerns are the main reason children stay with parents. Two-fifths are saving up to buy their first home, 28 per cent can't afford to rent and 26 per cent specifically pointed to the cost-of-living crunch.

Two-fifths of parents with adults living at home say everyone is happy with the arrangement. But of the offspring, just a quarter say they are content.

Aviva quizzed 1,500 parents and 1,500 adult children for the Mail on Sunday study.

## SHOPPERS HIT BY MULTI-BUY 'DEAL-FLATION'

**SHOPPERS** looking for bargains are warned to watch out for 'deal-flation' as stores hike multi-buy food offer prices by 20 per cent, writes Daniel Jones.

Marks & Spencer, Morrisons, Tesco and Waitrose have bumped up the cost of deals by up to double the 9.9 per cent inflation rate.

'Deal-flation' follows 'shrinkflation', where prices remain the same but portion sizes are cut.

Rebecca McDonald, of the Joseph Rowntree Foundation anti-poverty charity, said: 'Food prices are rising faster than inflation, with living costs overwhelming families.'

Marks & Spencer has quietly raised its heavily promoted meat and fish 'three for £10' offer to 'three for £12'.

Morrisons' 'three for £10' has changed to 'two for £8'. Like the M&S deal, it represents a 20 per cent increase from £3.33 per item to £4.

Tesco Finest's dinner for two has gone up from £10 to £12.

Retail expert Sarah Coles, from financial services firm Hargreaves Lansdown, said: 'These are the promotions supermarkets use to get people in store - so putting their price up shows that supermar-

kets really have reached the pinch point. Shelf prices have risen, so shoppers still save using offer prices - but the offers now cost more. Cost-of-living rises are affecting middle-earners as well now.'

Waitrose and Co-op have also hiked deal prices, but by less than 20 per cent.

Waitrose's 'three for £10' became 'two for £7.50' last month, meaning an 11 per cent an item rise from £3.33 to £3.75. Co-op's meat offer is now 'two for £8', up 14 per cent on the previous 'two for £7'.

M&S said: 'We are competitive on price without compromising

quality.' Morrisons said: 'There is unprecedented inflation. We work hard to keep prices down.'

Tesco said: 'Our dinner for two is great value. We are committed to focusing on the cost of the weekly shop.'

Waitrose said: 'The previous multi-buy offer had been in place for years. Customers can now benefit from savings while buying fewer items.'

Asda has not changed the price of its 'two for £7' offer. Sainsbury's said it stopped multi-buy offers several years ago. Lidl and Aldi do not have meat or meal deals.



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The Mail  
ON SUNDAY



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The Mail  
ON SUNDAY

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# DANIEL HODGES

## If the PM does not change course on Wednesday, she'll consign her party to political oblivion

**O**N WEDNESDAY, Liz Truss will step up to the lectern and address the Tory Party conference as its leader for the first time. Her opening words need to be this: 'I am sorry. I have listened to the country and I have seen the reaction of the markets. I still believe in my Government's plan for cutting taxes and generating growth. But that must be done fairly and responsibly. I am therefore cancelling the proposed 45p tax cut and the abolition of the cap on bankers' bonuses.'

If they are not, she needn't bother continuing with her speech. In fact, she needn't bother travelling to Birmingham at all.

Nor should any party members or MPs. They can dismantle the sponsors' stalls. Toss away the fringe guides. Pulp the speeches in which Ministers pledge to stand up to Putin, crack down on twerking police officers and hand Sir Humphrey his P45. Then they can return home and prepare to pass the reins of power to Prime Minister Starmer.

Don't get me wrong, Ms Truss could still deliver a barnstorming performance. She could bring the hall to its feet with a trenchant defence of her dynamic economic strategy. The markets could rally, the pound could soar, and newspaper front pages display bold headlines proclaiming 'Iron Lizzie!' and 'Lizzie's Not For Turning!'

And it will mean nothing. The voters will simply look, shrug and go back to anticipating the day they drive Ms Truss and her Tories from office.

Over the past week, we have been swamped with financial gobbledegook. Long-dated gilts. Leveraged Liability-Driven Investments. Margin calls.

But the British people have registered what matters. That their pension pots were brought to the edge of extinction. That their mortgage repayments are about to explode. That their wages are set to be eroded by soaring inflation. That public services are about to be cut. That welfare benefits are on the brink of being slashed.

And then, in the distant background, they made out the slight figure of their Prime Minister. 'Sorry about all that,' she said. 'But I have to find a way to help out the City boys making a killing trashing the pound, and cut taxes for the richest people in the land.'

**L**AST week I described Kwasi Kwarteng's mini-Budget as the biggest economic gamble taken by a government in peacetime. But in the end, he didn't even make it as far as the roulette table.

The burly bouncers from the International Monetary Fund and the credit-rating agencies grabbed the Chancellor roughly by the shoulders, growled 'Your credit's no good here' and hurled him out into the street.

As Kwarteng's Black Friday-To-Thursday unfolded, Tory MPs I spoke to moved beyond desperation to resignation. 'It's over. I don't know a single one of my colleagues who believes the next Election is winnable,' one told me. Another said: 'You won't even see a big rebellion at this stage. People are asking, "What's the point? We're done for anyway."'

Meanwhile, the inquest in government – including inside No10 and No11 – is beginning. And everyone has a different doom-laden analy-

sis. Some view the mini-Budget as economically inept. Others argue that it was economically sound but had suffered from disastrous political mismanagement.

One person I spoke to said simply. 'It's morally indefensible.'

But as Ms Truss and her aides rip up the conference speech they had been preparing and desperately cast around to justify the greatest fiscal catastrophe since Tory Chancellor Anthony Barber went

boom in the 1970s, they need to understand this simple fact. As currently constructed, the mini-Budget isn't flawed because of the economics, or the politics, or even the basic morality. It's undeliverable because of all three.

During recent days, the ranks of Britain's amateur economists have swelled to overflowing.

Everyone has a pet theory for the dramatic implosion of market confidence.

But I'll stick with this one. It's from credit-rating agency Moody's, hardly a bunch of woke, closet-Corbynites.

It said: 'Large unfunded tax cuts are credit negative' and will 'lead to structurally higher deficits amid

rising borrowing costs, a weaker growth outlook and acute public spending pressure'.

Higher deficits. Rising borrowing. Weaker growth. No, not an assessment of the disastrous tax-and-spend policies of one of the Labour governments of the 1970s. But the cut tax, borrow and spend – in the midst of a global inflation crisis – policy of the Conservative Government of 2022.

Ms Truss's strategy was supposed to decouple politics from economics. But what she's managed to do is fuse the politics and the economics into one grotesque, molten mess.

Now, it's Labour Shadow Ministers talking solemnly about the need for fiscal probity and market stability, while Tory Ministers wander round uttering testosterone-fuelled rallying cries about 'Going big or going home'.

Be clear: despite the taunts of the Left-wing critics, this Kwasi-crash is not conservatism – either with a big or small 'C'.

Imagine what Margaret Thatcher would make of such insane profligacy. Famously she stated: 'Every housewife with a weekly budget to balance knows that nothing is impossible, given the will, the character and the strength of purpose.' Her Tory successors appear intent on blowing the household budget on fags and booze, then running off with the milkman.

But at its heart, the problem with the mini-Budget isn't the economic illiteracy or political vacuity. Instead, it's how it has underlined how little faith Ministers have in the country they aspire to govern.

The British people are not idiots. Unlike the Prime Minister and her Chancellor, they know there is no magic money tree.

They recognise that after the huge expense of furlough during the pandemic, and the unveiling of the energy price cap, basic savings must be made. That's why there was no significant public backlash

to the announcement that taxes would have to rise to tackle the NHS backlog.

The fact is that the hard-working men and women of Britain are fully prepared to tighten their belts when the need arises.

But there is something they are not prepared to do.

After the turmoil and upheaval of the past decade, they are not going to sit back and watch their household budgets decline, their wages eroded and public services cut while bankers and the richest fill their boots.

**M**OST political observers are saying Ms Truss's speech on Wednesday will be one of the most difficult of her life. It isn't. It is the easiest.

There are no hard choices to be made. Or complex options to be weighed. Quite simply, she must change course or consign herself and her party to political oblivion.

Some may counter by saying that if it ditches major parts of her Budget, her credibility would be destroyed. Maybe. In which case she would lose nothing.

Because if she doesn't abandon elements of her mini-Budget, electoral annihilation will follow as surely as night follows day.

I started working in politics in 1991. I saw the implosion of Major up close. And the end of New Labour. The Miliband era. May's collapse. Boris blowing it within three years.

But I've never seen a more toxic political, communications and policy mix than this one. It is simply unsustainable.

Make no mistake: Wednesday may be the first time that Liz Truss addresses her party as its leader. But it will also be the last time she will have a chance to save herself and her Government.





# Council boss suspended over 'inappropriate texts to Ukrainian refugees'

A COUNCIL boss has been suspended from his £115,000-a-year job over allegations he sent intimate messages to female Ukrainian refugees.

Nick Dawe, 64, is accused of sending overly familiar text messages to women who his local council helped find homes in

By **Jake Ryan**  
and **Natasha Livingstone**

Britain after they had fled the war in Ukraine.

The chief operating officer at Epping Forest District Council has been championed publicly for

his work in helping to relocate Ukrainian women in Essex. He even drove a van to Ukraine in April with 'humanitarian aid'.

But he has now been accused of sending a string of inappropriate messages to women, including invitations for them to stay at his second home in Liverpool. Mr

Dawe is said to have also sent texts commenting on one glamorous Ukrainian woman's 'beautiful eyes' and repeatedly sent hugs and kisses in his messages.

Council bosses were alerted to the allegations by one female refugee's host British family before it is understood others made similar accusations over the summer.

One Ukrainian woman told The Mail on Sunday: '[The messages] were like kiss, kisses, not like friends. Like hug, kiss. For me, hug and kiss is not about friends. I just remember he invite me and mum to Liverpool, he has house in Liverpool. He sent picture of garden in Liverpool, that I remember.'

'I understand that he talks to me like a man, not like friend. And I text him sorry, we can just be like friends in the hub [community event], and that's all, not like a man and woman, don't text me, that's all.'

'I text: sorry, don't text me, don't invite me somewhere, because I understand if it will continue it will be like you know, because I am not 20, I know how men think.'

The council is understood to have launched its investigation into Mr Dawe about six weeks ago.

A source with knowledge of the investigation said: 'The bosses are very worried because there are



**CLAIMS:** Nick Dawe allegedly asked women to stay at his second home

multiple women – it's therefore taking a long time to resolve.'

Mr Dawe lives in a £700,000 detached home in Kent and has married twice. A friend close to the council boss said: 'I don't think he's done anything wrong. I think he's been used as a scapegoat for various things. All he has done from day one is help. He has driven to Ukraine, for God's sake.'

There are now 135,900 Ukrainians being hosted by British families in the Government's sponsorship scheme. Most are women and children because men between 18 and 60 are banned from leaving Ukraine.

Mr Dawe said: 'I cannot comment as a process has yet to start. No allegations have been made by any Ukrainians. There may be a story in about a month's time but it may well be different.'

A council spokesman said: 'It would be essential to follow proper HR protocols and procedures in order to prevent prejudice to any investigation. We are therefore sorry we are unable to comment in more detail.'

## THE VERY BEST OF THE SEEKERS PRESENTED BY MUSIC2YOU



Music2you are delighted to offer this No 1, chart-topping 23-track CD collection for just £6.99 including p&p.

The Seekers have sold over 50 million albums, featuring the bell-like clarity of Judith Durham's vocals, but here's a little-known fact: Tom Springfield wrote or co-wrote many of their million-selling recordings!

Those include *I'll Never Find Another You*, *A World Of Our Own*, *The Carnival Is Over* and *Georgy Girl*, all included on this CD alongside *Morningtown Ride*. So close was Tom to the group he was widely regarded as the *Fifth Seeker*, so how did the group first meet him?

After their long boat journey from Australia to the UK, where the group worked their passage, they arrived in London and were immediately signed by an agent who found them work as a support act in a show being headlined by... *Dusty Springfield*, Tom's fabulously gifted sister. As they say, the rest is history!

### TRACK LISTING

1. I'll Never Find Another You
2. A World Of Our Own
3. The Carnival Is Over
4. Someday, One Day
5. Walk With Me
6. Morningtown Ride
7. Georgy Girl
8. When Will The Good Apples Fall
9. Emerald City
10. We Shall Not Be Moved
11. Island Of Dreams

12. Open Up Them Pearly Gates
13. Kumbaya
14. Blowin' In The Wind
15. The Wreck Of The Old 97
16. Lemon Tree
17. Whisky In The Jar
18. Five Hundred Miles
19. The Gypsy Rover (The Whistling Gypsy)
20. South Australia
21. Danny Boy
22. Waltzing Matilda
23. The Water Is Wide

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## NEXT WEEK'S NEWS... TODAY!

OUR weekly irreverent look at some of the stories that might be breaking over the coming days...

### MONDAY

Kwasi Kwarteng says he's so certain of the benefits of trickle-down economics that he'll ensure the economy is not just trickling down, but full-on plummeting. Besides, a £45 billion black hole isn't so bad – it'll only be worth about \$10,000 by this time next year.

Following last week's turmoil which saw markets falling faster than a Putin critic from a window, the Chancellor moves to reassure the City that he fully understands bonds... 'except for Sean Connery and that funny accent'.

But internationally, concerns that he will cause widespread destruction if he continues on his current course are so severe that Nasa is planning to fire a satellite into him.

### TUESDAY

After being hit by a driving ban just days after organising the Queen's funeral, the Duke of Norfolk says he'll just have to get around on a gun carriage pulled by 142 Royal Navy sailors.

Following her racist comments, Labour's Rupa Huq is told she is only 'superficially' an MP.

### WEDNESDAY

After Jeremy Corbyn was spotted playing a video game in which you can kill Margaret Thatcher, Sir Keir Starmer is also seen taking on an unrealistic, glitchy avatar of the Iron Lady... at PMQs.

### THURSDAY

The Royal Mint releases the designs for its first banknotes featuring King Charles, with two significant differences from the previous design. First the monarch is not wearing a crown, and secondly, the note is no longer worth the paper it is printed on.

Meanwhile, heraldry experts say the King's new cypher is too big, as everyone knows the C.Rex should have small arms.

### FRIDAY

Despite saying that he doesn't want a statue of the Queen in Trafalgar Square, London Mayor Sadiq Khan says he will honour the Royal Family by erecting several effigies of Moby Dick there, and calling it the Plinth Of Whales.

### SATURDAY

Vladimir Putin declares he will hold on to Sobolev, Dzyuba and Zobnin whatever the cost. They're not Ukrainian regions – he's just determined to maintain his Fantasy Football line-up.

Steve Bennett



OCTOBER 2, 2022

# Health

## WEALTH & HOLIDAYS

THE HEALTH  
SECTION  
APPROVED  
BY DOCTORS



### MoS HEALTH INVESTIGATION



By Jo  
Macfarlane

**P**ATIENTS on anti-depressants are not being warned of the risk that the pills could permanently ruin their sex lives, experts say.

The Mail on Sunday has been contacted by a number of patients who claim to have been left with 'life-changing' sexual problems after taking a class of the drugs known as selective serotonin reuptake inhibitors (SSRIs) to ease symptoms of depression and anxiety.

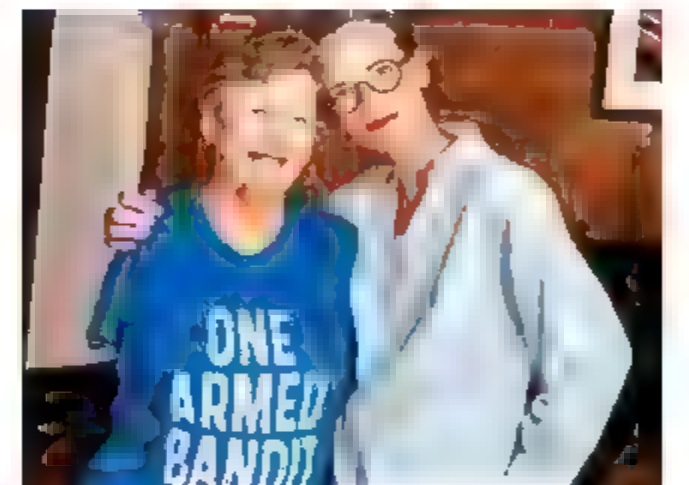
In the past year, about one in eight people in the UK were prescribed antidepressants, which includes SSRIs, according

TURN TO PAGE 54



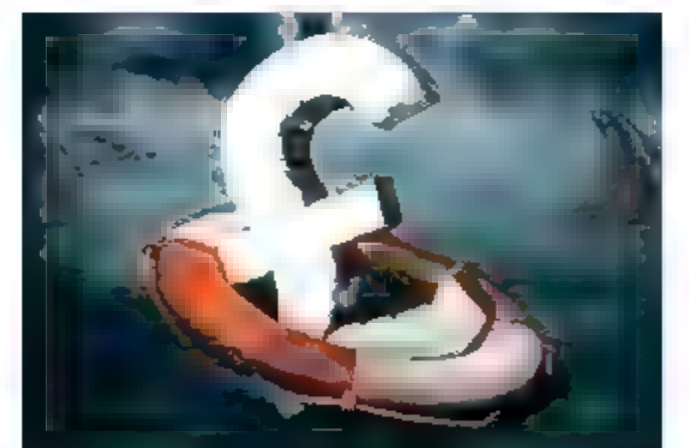
Is it really possible  
the Queen simply  
died of old age?

Health PAGE 57



From humour to  
honesty - helping  
Mum face cancer

Health PAGES 60-61



Why the raging  
storms won't sink  
your portfolio

Wealth PAGE 62

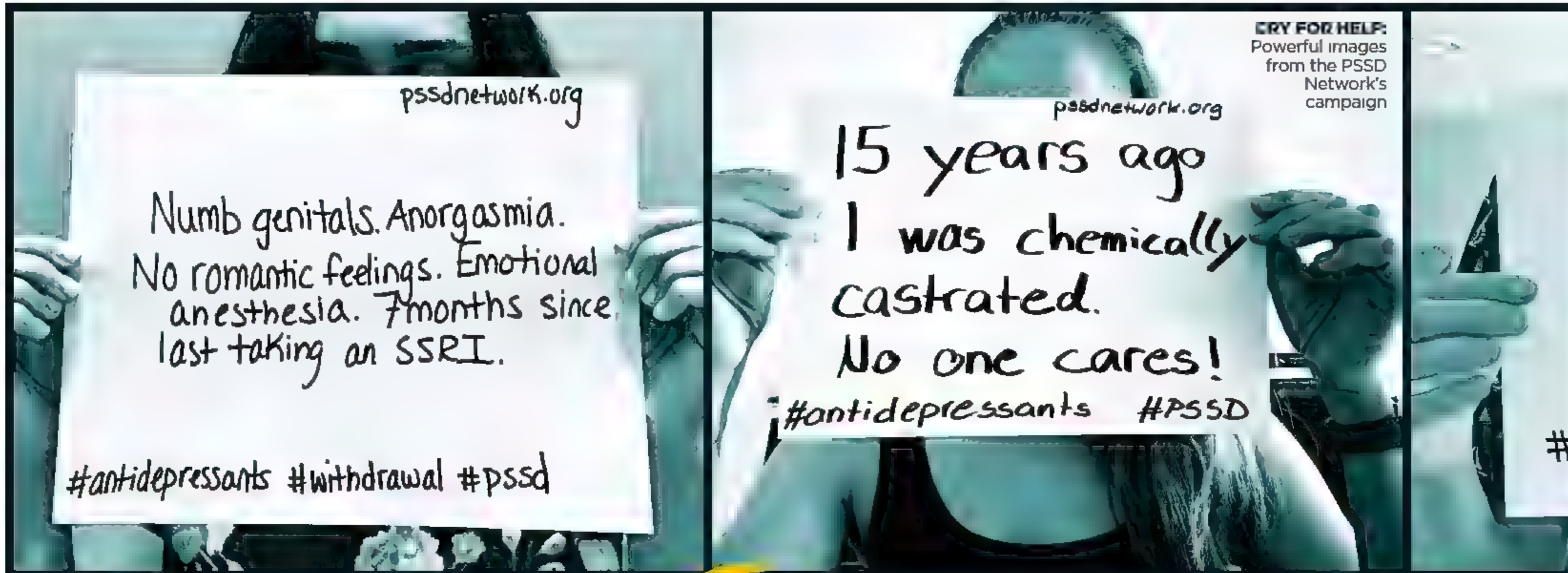


Treasure islands  
- hidden jewels  
of the Seychelles

Holidays PAGES 102-103

# REVEALED: The hidden epidemic of sexual dysfunction being blamed on antidepressants





FROM PAGE 53

to the latest official figures – a number that has soared since the pandemic. They can prove transformative for many people, but are linked with side effects. It has long been known, for example, that those taking them, both men and women, can experience a drop in libido.

But some patients claim the effects have been more persistent and have continued, or even worsened, years after they stopped taking the drugs. Some have had problems for decades.

The symptoms they describe are strikingly similar. Genital numbness – a total lack of sensation around the groin – and for men, erectile dysfunction. Both men and women experience a condition known as anorgasmia – a difficulty in reaching orgasm, and if they do climax, it is weak or without pleasure. As one woman put it: 'It's like a sneeze.'

**M**ANY report they no longer experience sexual or romantic attraction at all, and have been left with an emotional numbness. Most have seen relationships collapse as a result, while others have missed out on the chance to have children. Some have never experienced pleasure during sex – called anhedonia – and worry they never will.

Significantly, all have found their symptoms repeatedly dismissed by medical professionals, who insist they are linked to their underlying depression and not the pills.

One 22-year-old, a student in London, described how his problems began after he stopped taking a low dose of SSRI drug escitalopram for exam stress last year.

Speaking to The Mail on Sunday on condition of anonymity, he said: 'My penis is basically inanimate. Any attraction I might have felt to

any woman has disappeared. If I try to have sex, I might as well be doing the dishes.

'This area of my life used to be so much fun, and now it's a source of anxiety and has become a dark place in my head. It feels like someone has gone into my brain with a scalpel, carved some bits out and left me with this strange, numb, asexual person.

'No doctor will even consider that it might be related to the SSRI.'

Rebecca Graham is in her early 40s and has had no sensation in her genitals for eight years since she came off the SSRI drug sertraline, which she had been prescribed for symptoms of premenstrual syndrome. She has sought help from 'around ten specialists', from counsellors to gynaecologists, without success. 'My whole genital area is numb,' she says. 'I feel like I've been castrated.'

'I thought things would improve, but they never did. My partner and I live as best friends and I've given up on the idea of children.

# The pills left and as if I had 8 years on, I've

I've been told SSRIs don't cause numbness, that no condition could explain my symptoms but that a lot of emotions control that area of the body. It's like being gaslit by the medical profession.'

And this is the heart of the issue. While what these patients have experienced is recognised in the medical literature – and even has a name: post-SSRI sexual dysfunction, or PSSD – there is little evidence or research that proves a definitive link to the drugs.

David Baldwin, professor of psychiatry at the University of Southampton, cautioned that doctors still don't know whether PSSD is caused

by SSRIs or is a symptom of recurring depression or anxiety.

However, he added: 'If a patient has sexual dysfunction long after stopping SSRI treatment, and this occurs in the absence of depressive or anxiety symptoms, it could be they are experiencing PSSD.'

Data released last week under Freedom of Information laws by the Medicines and Healthcare Products Regulatory Agency watchdog shows that one in five of 1,762 reports of sexual dysfunction associated with SSRI use continued after stopping the drugs. In fact, in 64 per cent of reports, the MHRA confirmed that it remained

'unknown' whether the problem had persisted.

An increasing number of experts say there is enough evidence to show post-SSRI sexual dysfunction is plausible but that further work is needed to evaluate the risks.

**D**R JOANNA Moncrieff, professor of critical and social psychiatry at University College London, says: 'The majority of people taking SSRIs will get some form of sexual dysfunction – there's no debate about that.'

'They're prescribed to sex offenders to curb their libido, so it isn't a huge stretch to imagine that symptoms persist.'

She adds: 'The other thing that makes it convincing is all the evidence about prolonged withdrawal symptoms from SSRIs. If you take drugs for a long time, they alter the brain in ways that may be permanent, or at least takes a long time to normalise.'

In 2019, the EU's drug watchdog, the European Medicines Agency, acknowledged the growing number of reports of post-SSRI sexual dysfunction, and added a new warning to leaflets inside the packaging.

But Dr Moncrieff believes these warnings are not filtering through to doctors and so are not being made clear to patients. 'People need to be aware that we don't know much about it – we don't know how common it is and we don't know how to treat it.'

A rise in the number of young people being prescribed antidepressants made these warnings 'even more important', Dr Moncrieff adds.

A new global pressure group,

## ON MEDICAL MINEFIELD THIS WEEK



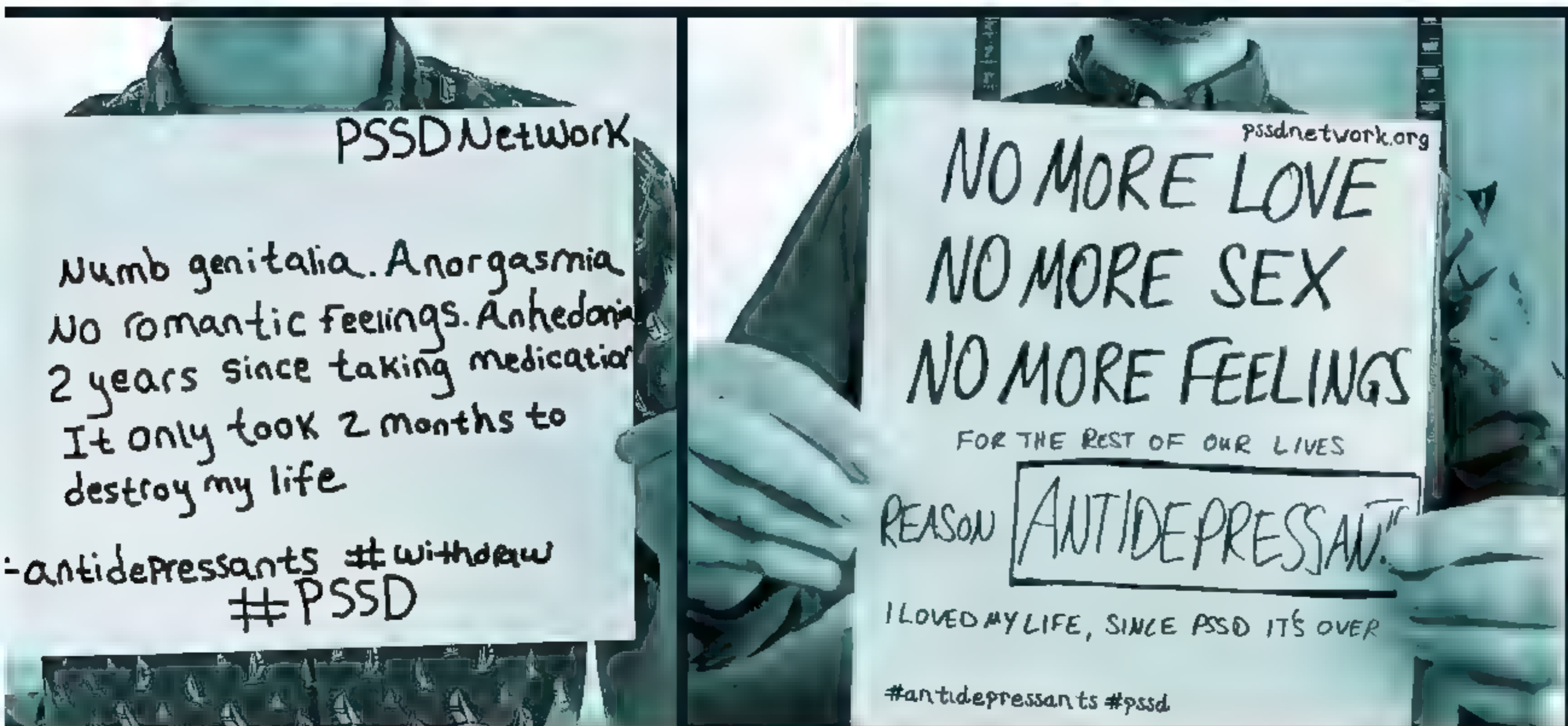
## DR ELLIE CANNON: GPs SHOULD WARN ABOUT SEXUAL PROBLEMS OF ANTIDEPRESSANTS

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# me feeling numb been castrated... still not recovered

PSSD Network, launched an awareness campaign last week featuring powerful images of those suffering from the condition holding placards that describe the impact it has had on them.

One man who has taken part is Lee Edward. His placard, which partially obscures his face, reads: 'Antidepressants saved my life... then ruined it'.

The 43-year-old, from Cannock, Staffordshire, started taking sertraline in 2017 after his father died. He experienced minor sex-related problems during the 18 months he was on the drug, but six months after he stopped taking it, in September 2019, the problem significantly worsened.

'My penis was numb, and there was no pleasure whatsoever. Trying to have sex without those feelings of arousal was just weird. It was so awkward, just two bodies moving around.'

Blood tests and scans came back normal. Lee says his GP dismissed the idea of post-SSRI sexual dysfunction, even after being shown some academic papers. 'If I'd gone blind, it would be obvious that something serious had happened,' he says. 'This is less obvious, but still has a huge impact. I've not had sex in three years.'

Other people contacting this newspaper include a 34-year-old woman who has spent 12 years unable to enjoy sex after being prescribed an antidepressant in her early 20s. 'I've come to terms with the fact I might never experience sexual pleasure again,' she says. Another man who developed the same symptoms after taking an SSRI earlier this year adds: 'What I find particularly worrying is that

this debilitating condition is not recognised by the medical establishment and that the wider public are not informed of the risks.

'If I had known how profoundly the drug would affect my life, I would never have taken it.'

Professor of psychiatry David Healy, who set up the patient pressure group RxISK, has collected reports of PSSD from more than 1,000 patients, some of whom have suffered for at least 20 years. He says it appears to affect men and women equally, of any age, and regardless of the dose or duration of SSRI use.

'While people with post-SSRI sexual dysfunction complain of lots of symptoms, including emotional numbness and brain fog, those can be caused by other things, like withdrawing from the drugs,' he says.

'The key to this is the genital numbness, which is quite distinctive - how do we explain why a few centimetres of tissue is affected?'

Theories about the cause involve serotonin, a chemical messenger in the brain that helps stabilise mood. Some people with depression are thought to have low levels of serotonin, and SSRIs work by boosting these levels. But too much

could also be causing problems, some believe.

There may be interactions between serotonin and another brain chemical, dopamine, which helps us feel pleasure, or the drugs could trigger hormonal changes in the nervous system.

The MHRA is investigating whether the acne medication isotretinoin also leads to longer-term sexual dysfunction.

Luke Davidson, who set up the patient group UK PSSD Association, said officials at the regulator had told him they might look into post-SSRI sexual dysfunction, depending on the results of the isotretinoin investigation.

'Lots more people have this than we realise, because many go on and off the drugs and are told their problems are linked to their depression and they don't consider the drugs,' he says. Luke, who is 40 and from the South of England, has personal experience of PSSD. It was, he says, 'like a switch had been flicked' after taking citalopram during his 20s.

'Something I've noticed on the forums is a lot of young adults saying they were put on SSRIs as chil-

dren or teenagers and thought that they were asexual. It's almost as if they never developed sexuality.'

One such teenager is Isabelle Jenkins. The 19-year-old student in Wales began taking an SSRI in 2019, when she was 16, and stopped in January. 'I can tell if I'm being touched, but there's no pleasure to the sensation,' she says, tearfully.

'People tell me it's not important, but it is. I think about it every day. I wish I'd coped with my OCD without the drugs so I'd still have my sex life. It was a high price to pay.'

'I'm young, at university, and this should be the time of my life.'

**T**HERE are concerns the rising tide of SSRI prescriptions, particularly since the pandemic, means there may be more cases of PSSD. More than 1.1 million prescriptions were given to teenagers last year, compared with 823,000 five years ago. Experts have also urged people prescribed SSRIs to not stop taking the medication without consulting their doctor.

Dr Moncrieff now hopes to gauge the prevalence of the problem by studying people who have come off SSRIs. 'The terrible thing is it's so hard to get this kind of research funded,' she says. 'There is endless research on new treatments but no one will fund research on worrying and potentially harmful effects of substances.'

As sufferer Rebecca Graham says: 'If you tell your GP, "This SSRI is amazing, it's changed my life", they'll believe you. If you say "This has ruined my life", they tell you you're wrong.'

'Can all of us really be wrong?'

## Stillbirth failures cost NHS £65m in a decade

By Eve Simmons

CATASTROPHIC failures on NHS maternity units that led to avoidable stillbirths have cost almost £65 million in compensation payouts over the past decade.

Data analysis seen exclusively by The Mail on Sunday shows that the NHS has been found guilty of negligence in 758 cases of stillbirth since 2010. This resulted in an average payout of £39,000 per family - a total of almost £30 million - along with a further £34.8 million in legal fees.

About 75 stillbirths every year are due to negligence, according to Tommy's, a UK charity carrying out research into miscarriage, stillbirth and premature birth.

The findings, from an analysis by Lime Solicitors, come six months after the damning report into a string of baby deaths at Shrewsbury and Telford Hospital NHS Trust. And, just last week, the BBC revealed that half of England's maternity units are not meeting safety standards set by hospital regulator the Care Quality Commission (CQC).

While the majority of stillbirths are not preventable - common causes include complications with the placenta, lack of oxygen to the baby and mothers suffering

### 'In order to get the truth, I had to sue the hospital'

high blood pressure - occasionally the outcome is caused by staff negligence. Robert Rose, head of clinical negligence at Lime Solicitors which specialises in medical negligence claims, says: 'This includes mothers not being checked appropriately during their pregnancy, a history of diabetes or high blood pressure not being properly monitored, or failing to diagnose and treat an inflection. In all my cases, clients are predominantly seeking to establish the truth, an apology and to ensure healthcare professionals learn from their own tragic experiences to prevent making the same mistakes in the future.'

In January, Bekki Hill, a mother-of-three, reached a settlement with Chesterfield Royal Hospital in Derbyshire - six years after her daughter was stillborn. On several occasions Bekki had told medics she thought her baby, whom she named Willow Grace, was in distress and requested an induction, which was denied.

The hospital says it has made improvements to procedures since Willow Grace's death.

Bekki says: 'All I wanted was an explanation and a promise to listen to other women to make sure what happened to Willow Grace doesn't happen again. In order to get the truth, I had to sue, which should never, ever be the case.'

### IT'S A FACT

Since last year, the number of Britons taking antidepressants has risen by five per cent, from 7.9 million to 8.3 million.

**'If you tell your GP an antidepressant has ruined your life, they'll say you're wrong'**



# Thousands of heart patients at risk from stent ops that don't even benefit them

By  
Martyn Halle

**T**HOUSANDS of NHS heart failure patients are being given unnecessary stent surgery every year, putting them at risk of life-threatening complications without any hope of benefit, experts have warned.

For years cardiologists thought that implanting the tiny metal tubes in clogged heart arteries was an effective treatment for the condition that affects one million people in the UK.

Now a landmark British trial has shown the procedure doesn't improve symptoms or survival for this group. Instead, it suggests, sufferers should be offered medication in order to control problems and improve quality of life.

The findings are expected to influence international guidelines on the way heart failure patients are treated.

About 100,000 stents are fitted every year in the UK. Most are given when patients suffer a heart attack to prevent a second one and used like this, they are a proven lifesaver, drastically improving health and preventing an early death.

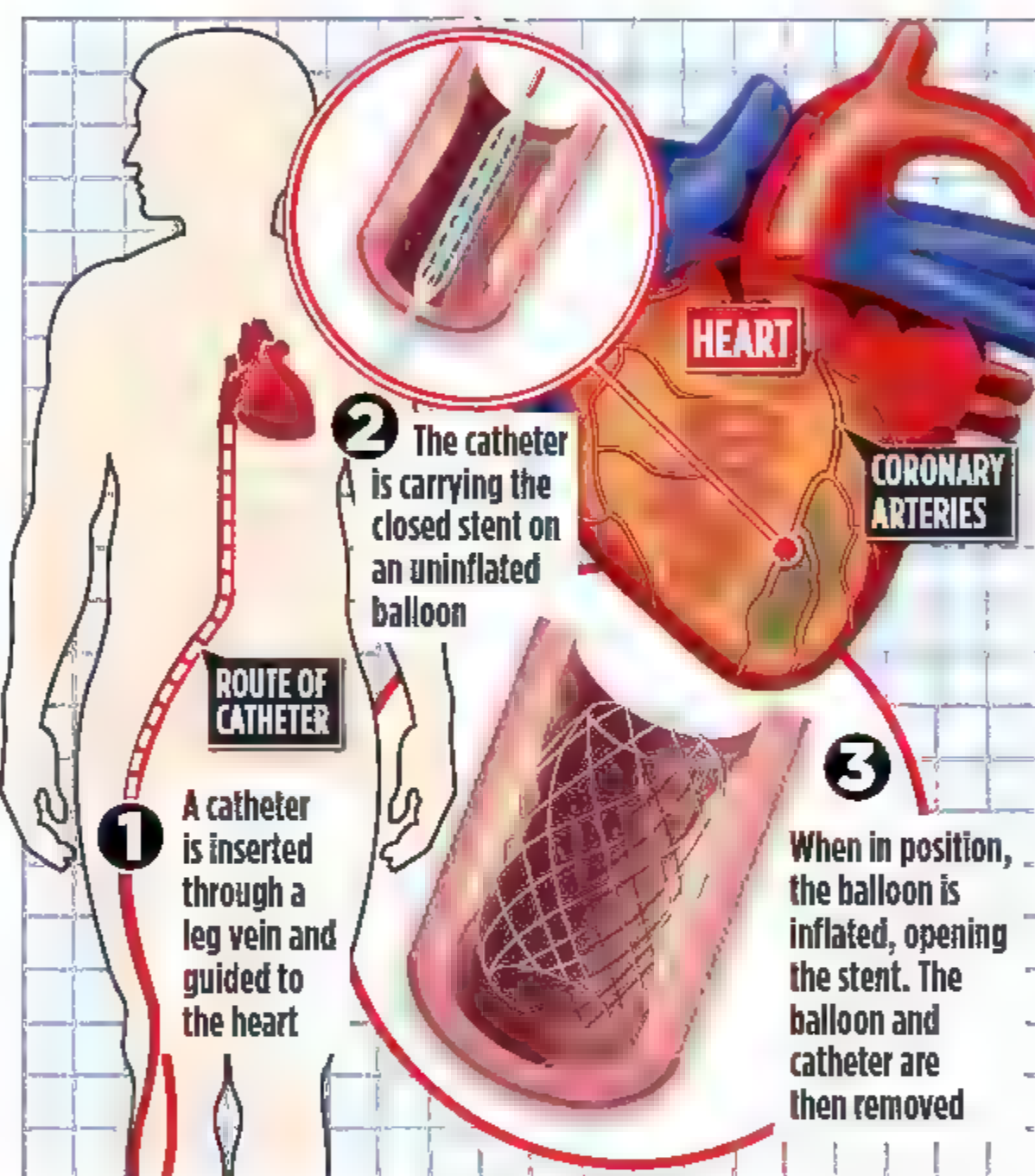
But an estimated one stent procedure in 20 is carried out to treat heart failure.

Unlike a heart attack, which happens when the blood supply to the heart is suddenly blocked, heart failure is a chronic condition in which the heart can no longer pump efficiently because the muscle has become weakened. About 200,000 Britons are diagnosed with the condition every year – and there is no cure.

Just half of heart failure patients live more than five years after their diagnosis, and the symptoms, which include extreme breathlessness and fatigue, can be debilitating.

Narrowed arteries – a condition called coronary heart disease – is a common cause, which is why doctors hoped stents, which act as a scaffold to keep the blood vessel open, might help.

Stents are implanted using a fine, flexible wire known as a catheter, inserted via a tiny cut in the groin or wrist. This is threaded through blood vessels toward the heart. While it is considered a very safe operation, complications can



occur. A new stent can cause blood clotting, resulting in a heart attack or stroke in one in every 500 cases. But it has been shown in clinical trials that this small risk is far outweighed by the protective benefits when given to heart attack patients. While the new study didn't discover any increased risk, in terms of post-surgical complications, in heart failure patients given stents, it found the procedure does not benefit patients.

In the study, 700 heart failure patients were divided into two groups: half given stents and drug treatments, half given drug treatments alone. They were then followed for up to eight-and-a-half years. The outcomes for both groups were almost exactly the

same: just over a third of patients were either hospitalised or died.

Guy's and St Thomas' Hospital consultant cardiologist Professor Divaka Perera, who led the research, said: 'For years, doctors thought stent surgery made heart failure patients feel better, and live longer. But we now have definitive proof that this isn't the case.'

'All stent procedures – and surgery in general – carry small risks, and these complications can even be fatal, so it's important we do not give them unnecessarily.'

It's hoped the results of the trial, presented at last month's European Society for Cardiology Congress and published in the New England Journal Of Medicine, lead to a change in guidelines. The new

study adds to a growing body of evidence that has emerged in recent years, casting doubt over the benefit of stents in other patient groups.

In 2019, a major international trial led by Stanford Medicine and New York University found the implants were no better than medication alone in preventing first heart attacks, even in patients with severe coronary heart disease.

In the first two years, those given stents were more likely to suffer a heart attack when compared with those given only drugs. The procedure did however reduce angina chest pain, another problem caused by heart disease.

In recent years, there have been a number of advances in heart failure treatment. Canagliflozin, dapagliflozin, and empagliflozin – three drugs originally used to treat diabetes – have been shown to significantly improve symptoms in some heart failure patients.

The benefits were seen in those with heart failure with reduced ejection fraction, or HFrEF, one of the two main types of the condition and affecting some 500,000 adults in England and Wales.

Research published last year suggested that pifrenidone, which reduces lung scarring caused by Covid, might also benefit patients with the other most common type, heart failure with preserved ejection fraction, or HFpEF.

**D**ESPITE this, nothing at present stops the disease eventually worsening, and for these patients the only hope will be a heart transplant.

Some, such as Nick Hartshorne-Evans, a heart failure patient and founder of the campaign group Pumping Marvellous, are reluctant to see stent treatment 'taken off the table'. He said: 'The study did show some improvement in quality of life in the first year after stent treatment. If a cancer treatment gives a patient a few months of better health, we would see that as positive, so why not the same with this?'

However, Prof Perera said he hoped heart failure patients would no longer be given unnecessary stents, and called for investment in finding new treatments. He added: 'Newer drugs have helped a great deal but, the truth is, this disease still shortens many lives and we have to continue to look for ways in which we can make patients feel better and live longer.'

## Fungus in blood that may help spot cancers

By Ethan Ennals

DOCTORS could one day spot aggressive forms of cancer using a test that looks for mould spores in the blood.

A group of international experts have found that fungi – organisms that include yeast, moulds and mushrooms – live inside cancer cells. As traces of them can be detected in blood, experts believe the discovery could eventually help doctors to spot cancers at their earliest stages.

Research suggested that specific fungi are attracted to certain types of cancer. For instance, one type of fungus appeared to be common in breast cancer tumours which have low survival rates. Another was often found to live in aggressive skin cancers.

As the fungi were detected in patients' blood, the scientists say a test could be used to spot severe disease before scans pick it up.

Fungi are a type of organism defined by their ability to produce spores – microscopic particles that allow the fungus to spread and reproduce. Most fungi are microscopic, meaning they are too small to see with the human eye. They exist in many of the body's tissues, especially the gut, mouth and skin. Studies suggest that most people will have at least 100

### 'We should re-examine everything we know'

forms of fungi living in their mouths alone. But until now, it has been unknown if fungi also live in tumours.

In the latest study, scientists analysed more than 17,000 tissue and blood samples from patients with 35 types of cancer and found a multitude of fungi living inside the cancer cells.

Specific fungi were found to be more prevalent in the breast tumours of older patients than those of younger ones. And the fungi present in lung tumours or smokers were different to the types that were found in non-smoker patients.

Professor Ravid Straussman, of the Weizmann Institute of Science who co-authored the study, said that the presence of fungi is a 'new and emerging hallmark of cancer', adding: 'These findings should drive us to re-examine almost everything we know about the disease.'

However, the authors add that the studies only suggest a link between fungal species and certain cancers. They cannot draw conclusions about whether types of fungus are responsible for causing the disease to become more aggressive.

### WHAT'S THE DIFFERENCE...

#### ...between the pharynx and larynx?

THE pharynx and larynx are structures in the neck. The pharynx is the upper part of the throat that connects the mouth and nasal cavity to the oesophagus, which leads to the stomach. The larynx is an opening off the pharynx that

leads to the trachea, then lungs. The larynx is a muscular organ that houses the vocal cords and is often called the voicebox. Its walls are made up of cartilage, while the walls of the pharynx are made of muscle tissue.





Only two per cent of death certificates – like the Queen's – record it as the sole cause. So, our Health Editor asks...

# Is it really possible she simply died of old age?

By **Barney Calman**

HEALTH EDITOR

**W**HAT does it mean to die of old age? It's a familiar phrase, and yet, when it emerged that it had been officially recorded as the sole cause of death on the Queen's death certificate, many expressed surprise.

Several people commented on social media that the term seemed vague.

'Old age seems to me just a number, not a medical term,' suggested one.

'Surely there's a medical term used to explain the failure of a biological organ?' wrote another.

American celebrity website TMZ said the certificate was 'simple, perhaps oddly so'. And it could have a point. It was also the cause of death given for Prince Philip, who died in April last year at the age of 99. But although it is a legally acceptable explanation for death under specific circumstances, it is an unusual one.

Death certificates are part of the public record, alongside birth and marriage certificates. This is why the Queen's was made public. They are required before the family can make funeral plans and settle the deceased's estate. And they are a vital tool used by government bodies to track causes of death across the country.

Death certificates must be completed by the doctor who attended to the deceased 'during their last illness', and they are responsible for determining the cause of death. In the case of the late monarch, who died at Balmoral on September 8 at 3.10pm, this was done by Dr Douglas Glass, who has worked for the Royal Family for more than three decades.

**D**EATH certificates routinely list both the direct cause of death, such as pneumonia or sepsis, and what led to that condition or event developing. They may also list other conditions that might have contributed to that person dying – for instance, if they suffered an illness such as dementia or diabetes that left them vulnerable.

The importance of each of these factors, and the order in which they are listed, is up to the medic writing the document. The certificate must be signed off by a local medical examiner – an expert trained in the legal and clinical elements of the process.

Government guidance says 'old age', 'senility' or 'frailty of old age' can be given as sole cause of death only if the doctor who writes the certificate has cared for the deceased over a long period and observed a gradual decline in health that couldn't be attributed to a disease or injury. However, one GP, who asked to remain anonymous, said: 'If old age is given as the only explanation these days, a doctor writing such a certificate might expect a phone call from the medical examiner or the register office at the town hall, requiring further detail.'

If a resolution can't be found, this

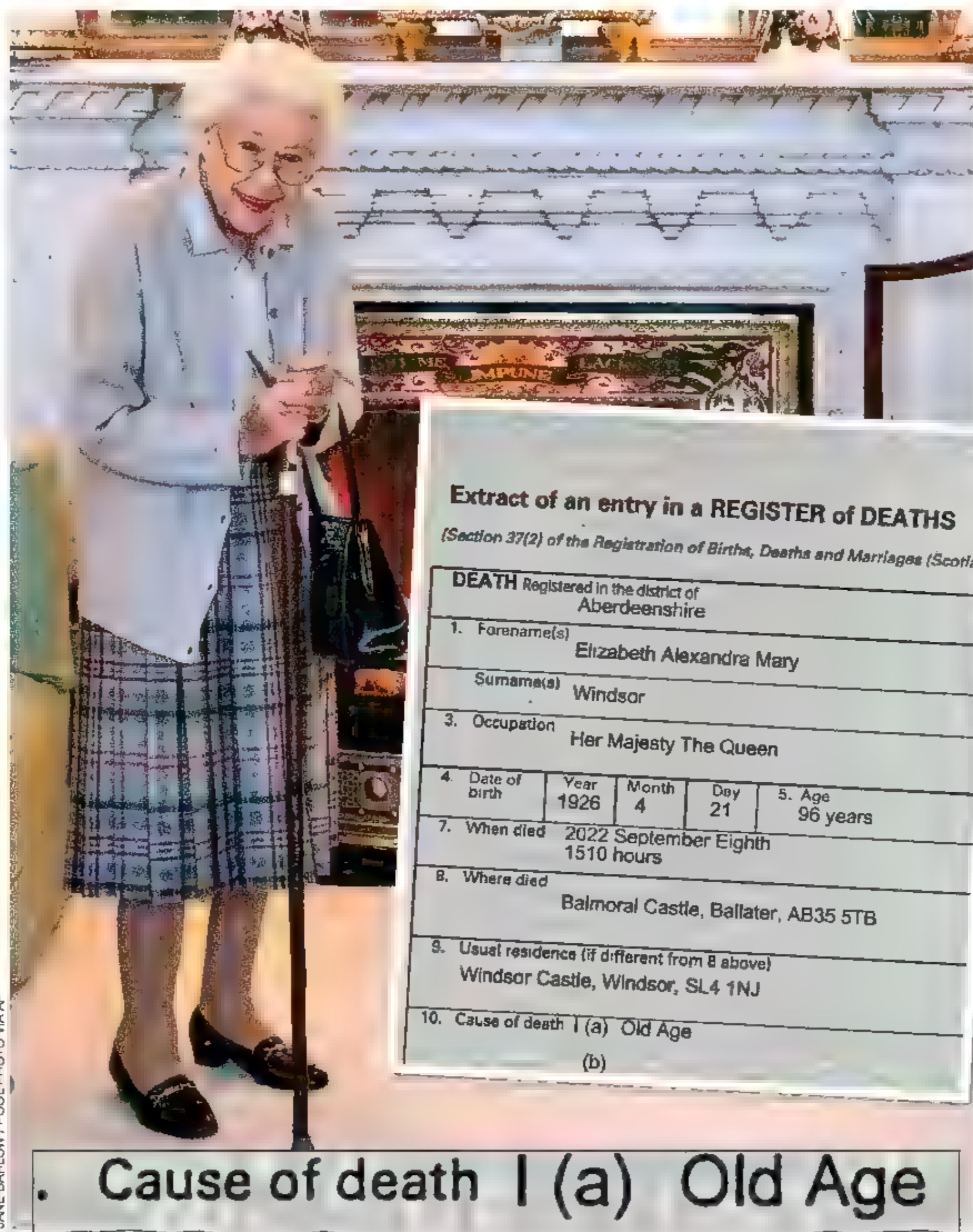
situation might trigger a referral to the local coroner – usually a doctor, lawyer or both – for an inquest.

According to the Office for National Statistics (ONS), in Aug-

ust, the most recent month on record, there were 44,381 deaths in England and 2,931 in Wales.

Dementia was the most common cause, accounting for just over

11 per cent of fatalities, followed by heart disease, lung cancer and stroke. The ONS routinely publish the top ten causes of death, but 'old age' is uncommon enough not to



**GOING STRONG:** The Queen just days before she died last month. Inset: Her death certificate

make the list. Research suggests it may be recorded as the sole cause in about two per cent of deaths – so it would be fair to say the Queen's certificate is unusual, but not so much so it would appear suspicious.

On the other hand, the GP added: 'It would be surprising for a woman in her late 90s not to be suffering from at least one underlying condition that would warrant listing as a contributory factor.'

However, Professor David Oliver, a consultant in geriatric medicine, said: 'There are circumstances where you might just write "old age" or probably more often "frailty of old age". When we talk about someone becoming frail, we mean there has been a steady decline in energy and mobility.'

'It's been clear that the Queen had slowed up considerably over the past year – she was cutting down on engagements and walked with a stick.'

'Also, it's not uncommon for older people to make it clear to their family or GP that they do not want to die in hospital, and you can imagine the Queen saying that.'

'Although treatment, such as pain relief, would still be given if it was required, it might mean the doctor caring for them would avoid referring them for tests and investigations.'

**I**T IS possible to put such a wish into writing, as part of a patient's Advance Decision to Refuse Treatment, or ADRT, or in a living will – although it is not known if the Queen had done so.

In some instances, family members may prefer 'old age' on a death certificate instead of a list of ailments that may or may not have contributed to the death. Indeed, there was widespread criticism during the Covid pandemic that the virus was listed as primary cause of death when, in fact, the deceased had been very frail for some time.

'If someone dies, and they'd recently suffered a hip fracture or stroke, you wouldn't just put "old age",' said Prof Oliver. 'But if you'd seen them slow down gradually, and they'd had no other diagnoses or problems, then it would be fair.'

'What frailty really means is that a person has nothing in reserve. It means the smallest thing, such as a minor infection or bug that might be inconsequential to most of us, could tip them over the edge.'

'All deaths are triggered by something that causes various organs and the heart to stop working, leading to death. But cases involving an elderly, frail person, where that trigger simply wasn't clear, you might as well just say that person died of old age.'

'The truly remarkable thing about the Queen is that she stayed so healthy for so long.'

## What's WRONG WITH ME?

### Common conditions and what might be causing them. This week: Dry eyes

THE problem is far more likely among people who wear contact lenses, look at computer screens all day or spend time in air-conditioned rooms, all of which can make the eyes feel dry.

Smoking and drinking can have the same effect, as can medications such as antidepressants and beta blockers.

Diseases that affect the immune system, such as diabetes, can cause dry eyes. It could also be a symptom of blepharitis, an eye condition that can be easily treated by placing cotton wool soaked in diluted baby shampoo over the closed eyelid. A pharmacist can advise whether over-the-counter remedies will help.

### Real Handful Air Nuts

The protein-packed peanuts are mixed with rice flour and seasoning before being aerated, rather than roasted, to give them a light texture. £17.99 for ten packs, [realhandful.com](http://realhandful.com)

**YES please**





## Calls to rein in plastic surgery

THE Government is being urged to ban all non-specialist doctors – and beauticians – from performing cosmetic surgery.

A petition has been launched by the British Association of Aesthetic Plastic Surgeons (BAAPS) calling on Ministers to ensure that anyone carrying out procedures such as face lifts and breast augmentation are fully trained to consultant level and are listed as plastic surgeons on the GMC Specialist Register.

Mary O'Brien, a former president of BAAPS, said: 'Legislation would mean surgeons from abroad could not fly in, perform a cosmetic surgery operation on a patient, and then fly out. This will also stop beauticians and untrained doctors from performing surgical procedures.'

A survey of BAAPS members found that 80 per cent had seen a rise in requests for fixing botched jobs since 2020.



## Cuddles boost faulty hearts

CUDDLES could help to mend the damage caused by heart attacks.

Researchers from Michigan State University found the 'love hormone' oxytocin, released during times of physical intimacy such as cuddling, kissing or sex, can stimulate the growth of new, healthy heart cells.

Initial studies in zebrafish, which have the remarkable ability to regrow damaged heart tissue, found they experience a 20-fold increase in oxytocin following a heart injury which stimulates the growth of specialised cells that migrate to the heart. Exposing human heart tissue to high levels of oxytocin showed a similar effect.

DESPITE the success of England's Lionesses, teenage girls are still only half as likely as boys to engage in sport, a survey found.

Experts had predicted greater parity between girls and boys in sport after the England women's football team beat Germany to win Euro 2022 in July.

Yet in a poll of 2,500 13-to-24-year-olds, only a fifth of female participants said they did a lot of sport, compared with more than one in three males.

Stephanie Hulborne, of the charity Women in Sport which conducted the research, said: 'Far too many girls who would like to play are missing out on the joy of sport due to deep-rooted negative attitudes, fear of judgment and lack of opportunity.'

A NEW jab for type 2 diabetes could spare sufferers the hassle of daily insulin injections.

Currently, diabetics rely on injections every day to keep their blood sugar levels stable.

The new weekly jab – called insulin icodec – from Danish firm Novo Nordisk has been shown in trials, involving 588 type 2 diabetics over a six-month period, to be just as safe and effective as normal insulin.

Novo Nordisk said fewer injections might encourage type 2 diabetics to start insulin treatment earlier, preventing later complications of the disease.

# First ever drug for alopecia hair loss gets the green light

By Ethan Ennals

**R**EGULATORS have given the green light to the first alopecia treatment proven to regrow hair.

Trials have shown that taking the daily pill can almost entirely reverse the condition that causes hair to fall out in clumps.

Called baricitinib, the drug is already in use on the NHS for a number of conditions, including arthritis, dermatitis and even severe Covid. It works by interrupting faulty signals that make the immune system attack hair follicles.

NHS spending chiefs will now review baricitinib and decide whether the health service will fund the treatment for alopecia.

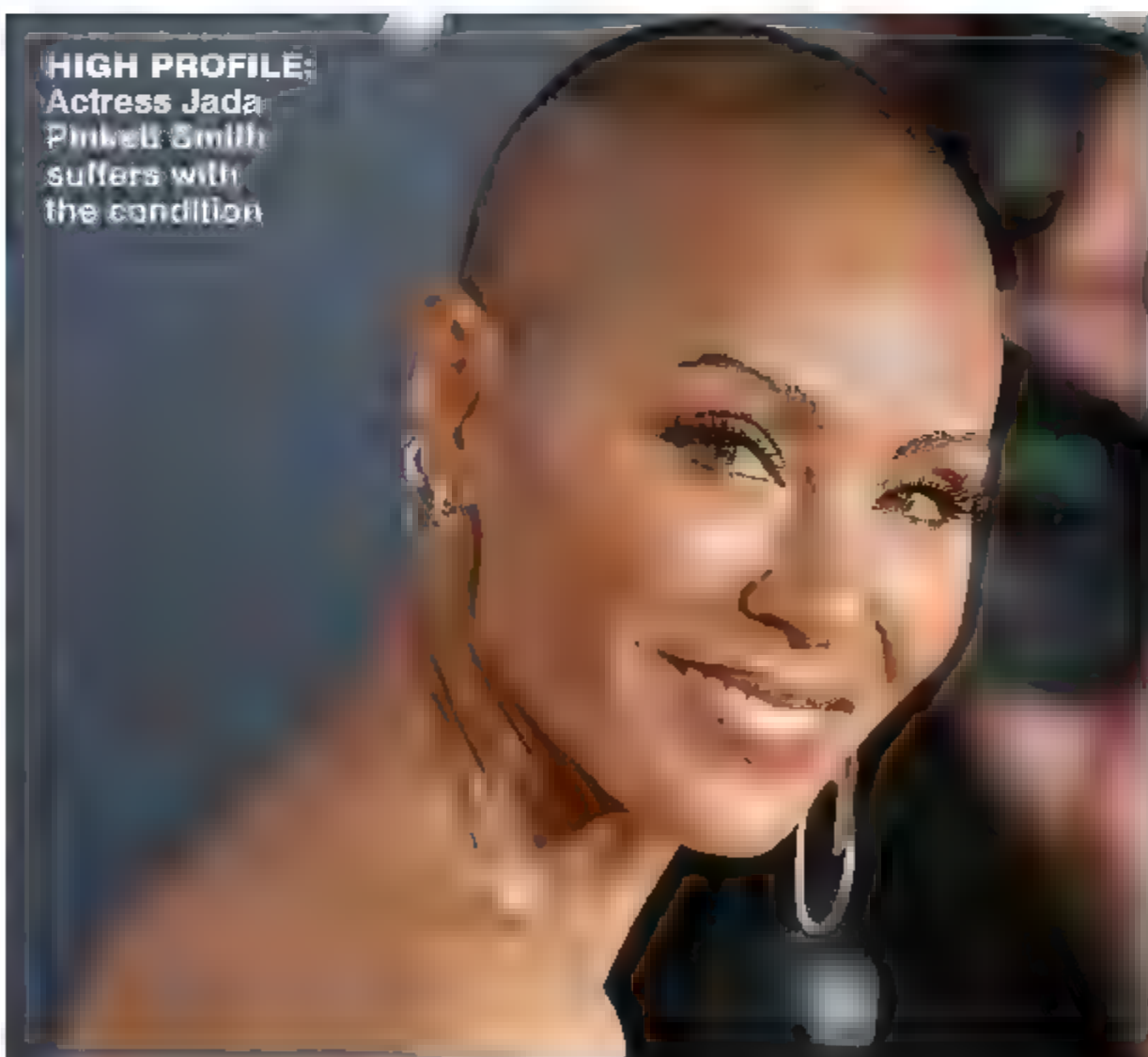
Charities and doctors celebrated the news, and called for the NHS to pay for patients with the most severe form of alopecia to receive baricitinib as soon as possible.

'This is a really important step in the right direction for a group of patients who up until now had no effective treatment options,' says Sue Schilling, chief executive of the charity Alopecia UK. 'Alopecia is an incredibly debilitating condition that leaves people depressed, anxious, and sometimes even suicidal. The NHS needs to fund this so patients can receive it for free.'

Dr Paul Farrant, consultant dermatologist at University Hospitals Sussex NHS Foundation Trust, says: 'Given the clear benefits, it's likely that people with the most severe form of alopecia will soon be able to access baricitinib.'

Alopecia is the term used to

**HIGH PROFILE:**  
Actress Jada Pinkett Smith suffers with the condition



describe hair loss, which affects roughly 40 per cent of women, and 30 per cent of men at some point in their lives.

About 100,000 Britons have a condition called alopecia areata, where cells in the immune system attack hair follicles, for reasons not understood. Over a period of weeks, hair begins to come out in clumps, resulting in bald patches. Some people also lose eyebrows, eyelashes and hair elsewhere on the body.

The Matrix actress Jada Pinkett Smith suffers with the condition, which came to global focus in April when the Oscars host, comedian Chris Rock, made a joke about it and was slapped on stage by her husband, Will Smith.

Steroid treatments can be pre-

scribed – either in a cream form, as an injection into the scalp or as pills – and are effective in one in five patients. But taking steroid pills long-term can dramatically increase the risk of serious conditions such as type 2 diabetes, so doctors recommend patients stop taking them after six weeks. Steroid creams can irritate the skin and cause agonising migraines.

Baricitinib, part of a family of drugs called JAK inhibitors, can be taken daily and continued indefinitely. Side effects are usually minimal because, unlike steroid drugs, this medication does not attack healthy immune cells.

Studies show that, for a third of patients, baricitinib sparks hair regrowth within three months and

it continues to grow back. Patients who respond to the treatment see 80 per cent of their hair return. Some dermatology clinics are already offering patients baricitinib – at a cost of £1,000 a month – and charities are concerned the high price is forcing many to buy the drug abroad.

'We've heard of a number of people buying it from overseas and taking it without medical supervision,' says Schilling.

'Taking a drug like this in large doses can be unsafe, especially without monitoring. This could be avoided if the treatment is available on the NHS.'

Dr Farrant says he has given baricitinib to more than 30 patients. 'For those who respond, the effects can be transformative,' he says. 'They go from no hair to full hair.'

**O**NE patient to benefit from baricitinib is Tyson Braun, 37, from Milwaukee, Wisconsin in the US. He began to lose his hair at the age of 25, after suffering flu. 'At first, it was just patches on my beard,' he says. 'Then the hair on my head was coming out too. Within a year I didn't have any hair anywhere on my body.'

Tyson unsuccessfully tried a number of treatments. Then two months ago, he got a prescription for baricitinib.

He says: 'There's already hair sprouting on my face, where I used to have a beard. And there's even a bit on my head.'

'Every day it feels like there's more. I never expected to have hair again. My two sons have only ever known me as bald. It will take some explaining when it grows out even more.'



## WEIRD SCIENCE

### Japanese line up for palm surgery

THERE are thousands of cosmetic procedures – but palm surgery has to be one of the strangest.

It is popular in Japan, where the practice of palm-reading is widespread.

Many there believe you can accurately predict what the future holds based on the lines in the palm.

Palm surgery involves using an electric scalpel to create artificial lines in positions that promise money, love and happiness.

According to Japanese reports, women are more likely to request a stronger love line, and men a more prominent wealth line.

## YOUR AMAZING BODY

YOU can teach yourself to roll your tongue.

For decades scientists were convinced that the ability to bend the tongue in different ways was determined by a gene inherited from one parent.

But the result of a study conducted at the University of Delaware suggests otherwise. Thirty-three students without tongue-rolling ability were asked to practise doing it daily for a month. By the end, one student had mastered the skill, so researchers concluded that while genetics have an important role, practice is also key.





# Ask Dr Ellie

THE GP WHO'S ALWAYS HERE FOR YOU

**CAN you recommend any natural sleep remedies? I keep waking in the middle of the night and cannot get back to sleep for at least two hours. I am a healthy, fit 52-year-old man.**

THE unfortunate truth about sleep problems is that there is often no easy fix. It can take time and patience to arrive at a long-term solution that works.

If a patient is waking up in the middle of the night, doctors will first consider obvious factors that disrupt sleep. This includes too much caffeine in the daytime, needing to go to the toilet at night, and exercising in the evening. Physical activity can aid sleep, but it can be over-stimulating if you do it just before bed.

Sleep environment is also really important. Doctors call this sleep hygiene - although it has nothing to do with cleanliness. It's about considering factors such as how dark the bedroom is, if it's a comfortable temperature and if it is sufficiently quiet.

Most people don't realise we tend to sleep better in a slightly cooler room. An eye mask and ear plugs can also help, or have a relaxing bath before bed.

Make sure you're not staring at screens (phones or televisions) just before you want to drift off, as this can be stimulating.

Anxiety and stress are also common causes of insomnia. If this is the case, sleep troubles are unlikely to resolve unless the underlying problem is sorted.

There is a specific type of psychological therapy recommended for sleep problems. It's called CBT-I and aims to reduce anxiety about not being able to fall asleep, which makes the problem worse.

A therapist will also help patients to identify the thoughts, feelings, and behaviours that are contributing to insomnia and manage them. Such advice should be available via local psychological NHS services, called IAPT.

As for natural remedies, it might be worth trying an over-the-counter medicine - such as valerian - or an antihistamine. These are not normally recommended for sleep problems but some people find them helpful. Massage and relaxation treatments can also help.

## Is there a natural remedy to tackle my dreadful insomnia?

**CAN you help with a very embarrassing problem? I am a fit and active 76-year-old woman with no health problems. But recently, I've noticed an unpleasant smell when I empty my bladder. There's no pain. I'm afraid to go to the toilet in a public place.**

A SMELL after passing water is usually a telltale sign of a urinary tract infection. However, these normally cause other symptoms, including pain and needing to empty the bladder very often.

The simplest way to find out if it is an infection is to ask the GP surgery for a urine test. This could involve two tests. First, a dipstick test, done in the surgery, which looks for blood cells and changes in the urine that suggest bacteria is present.

Then, a secondary test in which the sample is sent to the laboratory to look specifically for bacteria.

Older women can have asymptomatic bacteriuria: lots of bacteria start to grow in the urinary tract but do not cause an

infection. This would be confirmed with the second test.

Changes to the smell of urine may also come from vaginal discharge. This is more likely to happen after the menopause, due to changes to the vulval tissues.

Certain medications, such as vitamin supplements or penicillin, can also alter the smell of urine - ask your pharmacist about this.

Being dehydrated can be a factor, as can eating certain foods including asparagus.

It is worth drinking more water and seeing whether that solves the issue.

**I HAD Covid recently and ever since, I've had excruciating pain in my bottom and upper thighs. The pain and spasms have got better, but I still need to take painkillers daily to cope. Is there anything that will speed up my recovery? I am 77.**

VIRUSES are well known to trigger a range of problems, including those that affect the muscles. This sounds like



GETTY IMAGES

## ARE YOU ONE OF THE GROWING ARMY OF BOOSTER REFUSENIKS?

HAVE you had your latest Covid booster yet? Everyone aged over 65 has been eligible for an extra dose since early September to protect them from the inevitable winter wave.

Healthcare workers, pregnant women and people who are very vulnerable to Covid can also have one. But apparently a lot of people in this group are yet to have theirs.

I've heard from some say they don't want another jab, having had four or five by now, and others haven't even been invited. It doesn't bode well, given that we have the rest of the over-50s to get through, who will be called up in the coming weeks.

The extra boost of protection is crucial, with a double whammy of Covid and flu expected to floor the NHS this winter. I'm officially boosted - and all it cost me was a slightly sore arm for a couple of days.

I want to know if you've had your booster yet. And if not, why not? Write and tell me.

reactive myositis - inflammation in the muscles that develops after an infection such as Covid. Typical symptoms include weak, painful muscles that feel tender. The thigh muscles are often affected, as are the shoulders or the hips.

Muscle aches and pains are one of the more commonly recognised symptoms of long Covid. Experts recommend activities like stretching and yoga to improve flexibility, as well as strength work to build up the muscle.

Pacing yourself is an important part of recovery. Begin at a low level of activity, before building up gradually.

Myositis happens as a result of the immune system's effort to fight the virus as the body's fighter cells trigger inflammation within

the muscles. It can also develop as a chronic autoimmune condition. It could be a coincidence that it happened at the same time as Covid, or the virus may have triggered it.

If the symptoms have continued for months, it may be worth asking your GP for blood tests to confirm the diagnosis and look for muscle damage.

Steroid tablets are often used for the chronic type of myositis, to reduce inflammation within the body.

## Cheap drugs miss the target

ARE you familiar with the drug Humira? Or adalimumab, to use its generic name.

It's one of the most commonly prescribed medications and is used to treat conditions involving the immune system, such as rheumatoid arthritis and bowel disease. But Humira

is branded, making it eye-wateringly expensive, so since 2018 the health service has been offering patients generic, cheaper versions of the medicine, called biosimilars.

But I have heard that some patients have been finding that the cheaper versions are less

effective. One friend, a man in his 50s who has severe arthritis, has been told that he can't switch back to Humira because it's too pricey, which has left him in terrible pain.

I want to know how you've got on with the switch. Please write and tell me.

### WRITE TO DR ELLIE

Do you have a question for Dr Ellie Cannon? Email [DrEllie@mailonsunday.co.uk](mailto:DrEllie@mailonsunday.co.uk)

*Dr Cannon cannot enter into personal correspondence and her replies should be taken in a general context.*



# The Top **THREE** Folding bikes

## ON A BUDGET

**B'Twin Tilt 900, £399.99**  
A COMFY ride, thanks to the memory-foam saddle, ergonomic handles and 20in wheels. With nine speeds, it performs well on flat ground and even if starting from stationary on hills. The Tilt 900 weighs 28lb and folded, left, it measures 17in x 30in x 26in. [decaathlon.co.uk](http://decaathlon.co.uk)



## MID PRICE

**Term Link C8, £599**  
WITH eight speeds and 20in wheels it's a smooth ride. The aluminium frame weighs 26lbs and measuring 15in x 31in x 28in when folded it's not the easiest to carry, but it's perfect for slinging in the car boot. [wiggles.co.uk](http://wiggles.co.uk)



## BREAK THE BANK

**Brompton P Line, £2,344**  
BROMPTON has cornered the market thanks to the unique way the back wheel folds under the frame, making it super-small when packed down (25in x 23in x 10.6in). The 16in wheels take a bit of getting used to, in terms of comfort, but the four-speed gear system is phenomenal. [brompton.com](http://brompton.com)



**I**N MARCH, my mum Isobel noticed a small swelling on the back of her upper right arm. It wasn't sore, perhaps a bit tender. I took a look and decided she'd probably pulled a muscle while gardening. About a month later, she noticed a lump on the front of her arm – a palm-sized swelling on her bicep. Again, we assumed it was a sprain. Her GP referred her to a shoulder clinic. On June 8, while Mum was waiting to be seen, she broke her arm. She was opening the door of a cafe when she heard and felt an almighty crack.

A week later, after X-rays and scans, she was diagnosed with osteosarcoma, a cancer of the bone.

As a former breast cancer surgeon who has had the disease twice, perhaps I should have seen it coming. But the truth is, like most people, I didn't. No one did.

I was heartbroken she would have to go through what I'd been through. And what she faces is far more serious: While 150 people are diagnosed with breast cancer every day in the UK, only 158 are diagnosed with osteosarcoma a year. That's how rare it is.

Four weeks after we learned the news, on July 13, Mum had her right arm amputated. The cancer had spread through most of the bone in her upper arm and getting rid of it offered her the lowest risk of it coming back.

It was, however, too late. After the surgery, we were told it had already spread to her lungs. It's now incurable.

She and my father live in the same village as I do, near Bury St Edmunds in Suffolk, and I've been a general dogsbody, ferrying everyone around to appointments and helping out.

Last month she began chemotherapy at Addenbrooke's in Cambridge. This could buy her more time if she responds well. We won't know until we try.

What's surprised me the most about this ordeal is how hard it's all been. Being a cancer surgeon – I'm retired, as my treatment made it physically impossible to continue – had done little to prepare me.

And as a patient, I just had to go through the motions. You turn up for scheduled treatment and appointments. You endure the side-effects because you have to.

But watching someone you love in pain or distress is far worse. You just want to take it away. I feel such guilt that I can't.

I feel helpless when I hear her cry out in pain. And I feel guilty when I help too much – treating her like an invalid because she has cancer, instead of letting her ask me for help when she needs it.

I'd assumed I'd never have to deal with the pain of losing Mum because, despite being given the all clear a few years back, I expected I'd die first. I'm also getting an insight into what my death might be like if my cancer comes back.

After my diagnosis, I decided to put my anger, confusion and frustration into words: I began to blog about my experiences and found a new community of women with breast cancer who share stories and advice with honesty and warmth.

Today, I am devoted to raising awareness and encouraging discussions about these most difficult subjects. Talking helps. We can't let fears stop us confronting the deeply personal, often uncomfortable truths about cancer. It's something one in every two of us will develop.

Roughly 460 people die in the UK every day from cancer. Millions more live with it. Even if you 'survive', treatment can change your body and your life for ever.

That's why it's important to know not just how to live well with the disease, but also how to best support someone you love to do the same. I'm proud of how far I've come since those terrifying first few months of my own cancer journey. But I was back to square one with Mum.

Here are some of the many things I wish I'd known at the start of all this...

## HUMOUR HELPS... BUT SOME THINGS AREN'T FUNNY

BLACK humour is incredibly common among people living with cancer. Mum had been on Twitter since 2019, proudly declaring herself 'Liz O'Riordan's mum'.

## By Dr Liz O'Riordan

on the social media site, to champion my campaigning. But since she started posting about her own diagnosis, she's gained a huge, supportive new fan club.

The day before her amputation, she told her nearly 4,000 followers she was about to be a 'one-armed bandit', has described herself as the 'swashbuckling chemo granny' and stayed cheery and positive.

She now wears a 'one-armed bandit' T-shirt I found online. We've laughed so much since then and it's been a huge release of tension.

But every once in a while I'll overstep the mark.

Mum tells how I had once joked that I would have her engagement ring once she'd gone. She just went quiet. It was quite a shock and she wasn't ready to confront that. We talked about it later and I apologised. I have to remember I've had a head start and that my prognosis was better than hers.

Mum isn't ready to go there yet and I'm learning to follow her lead. But if you can laugh, it means it's not always all doom and gloom.

**ENJOY LIFE'S SMALL PLEASURES**

WHEN we came back from hospital after the diagnosis, Mum couldn't face cooking, so she and Dad had a chip butty and a Magnum ice cream. Of course, she tweeted about it. Her followers loved it and one even started a hashtag – #BeMoreIsobel – in tribute to her indomitable attitude.

It's so important to cherish those small pleasures when the future is uncertain.

Mum loves gardening and had been planning to fill her borders with plants before cancer came along. So when nursing her broken arm, we filled them with colourful bedding plants. She says watching things grow makes her feel brighter, brings joy to her life.

And she isn't giving up on things that make her happy, despite being harder. She'll put on hippy and earrings, she's baked scones and a Mary Berry banana loaf. She jokes that the trickiest bit is getting the dough out of the bowl...

**YOU CAN HELP... BUT DON'T FUSS**

WHEN I was having chemo, I told Mum and Dad not to visit. I didn't want them to see me in pain. But I later regretted this. At times my energy was so low, I'd have loved Mum to help me get comfortable in bed, rub my forehead or get me a drink.

It's that practical help which is most

## IT'S A FACT

There are 206 bones in the human body, but osteosarcomas almost always start in the long bones of the arms or legs.





**BLACK HUMOUR:** Liz O'Riordan with mum Isobel in her T-shirt

### IT'S A FACT

Osteosarcoma affects all ages but is found mostly in older children, teens and young adults between the ages of ten and 24.

and against my better judgment, went straight to the internet.

Two-thirds of sufferers survive five years but that drops to ten to 30 per cent once the disease has spread. I knew they were just numbers. No one can tell you if you'll be one of the lucky ones. But it still scared me silly.

Whether or not you respond to chemo is key. And that we can't predict. Mum's decided to be guided by doctors. She says: 'I'm sure there will come a time when I'll want to know more. They might say nothing's working. I'm taking it day by day.'

If you must look, get information from the big cancer charities and ignore the influencers on TikTok.

### LOVED ONES CAN PICK UP ON WHAT YOU'RE HIDING

MY DESPERATE Googling led me to assume Mum wouldn't make it to Christmas. I tried to remain positive but she saw through me.

'Within a day of my diagnosis I knew Liz thought I was as good as dead and buried,' she says. 'I hated the idea my family were talking about me behind my back.'

Hurting Mum was the last thing I wanted to do. It's a difficult path to navigate. Everyone - patients and family - will fear the worst but feel they have to put on a brave face and be relentlessly positive.

Have someone you can offload to. It'll help you worry less, so when you're with your loved ones you can support them better.

### FIND A WAY TO TALK ABOUT IT ALL

MUM met a fellow patient who called her cancer 'Ethel'. She did this so it would be easier for friends to bring it up and not feel so gloomy: 'How's Ethel?', they'd ask. She'd tell them: 'She's being a bit of a bugger,' or 'Ethel's not giving us too much bother today.'

I know that as a patient, you can feel huge guilt that you're putting those you love through so much stress - and it makes you want to close up at the moment when you need to be asking for help.

You don't have to name your cancer but do find a way to talk about it. If you are afraid, or in pain, you need to vent. Carers also need to be able to listen.

I went into autopilot when Mum was diagnosed - cancelling things to take her to appointments, keeping busy so I didn't have to deal with my feelings. Once Mum recovered from her op, walls came crashing down. Depression hit hard and I hadn't seen it coming.

I didn't want to tell Mum that I was struggling but she needed to know. Together, as best we can, we're getting through this.

● Isobel will be on Dr O'Riordan's podcast, *Don't Ignore The Elephant*, on October 10, on Apple Podcasts, Google Podcasts and Spotify. For information about bone cancers, visit [bcrt.org.uk](http://bcrt.org.uk).

Surgeon Liz on the new lessons she's learnt about the disease she has had twice herself

# How Magnum ice creams, chip butties and a new army of Twitter fans are helping Mum face cancer

useful. When Mum's arm was broken we helped her shower, get dressed and cut up her food.

For people too embarrassed to ask for help, you could offer to fill their freezer with easy meals, mow their lawn, change the bedsheets or walk their dog. But take your cues from your loved one.

We know Mum appreciates everyone's concern but she doesn't want people fussing.

### DON'T BE UNPREPARED FOR THE END

NOTHING can prepare you for the emotional impact of losing a loved one. But you can take practical steps to make the aftermath less difficult.

This was something I tackled recently on my podcast 'Don't Ignore The Elephant' - where I

have honest conversations with guests about subjects that normally we don't discuss.

Actress Emma Thompson's husband, Greg Wise, came on to talk about losing his sister to breast cancer. He said how important it was to have a 'death box'.

It doesn't have to be a box, but somewhere containing internet and banking passwords, instructions for the washing machine,

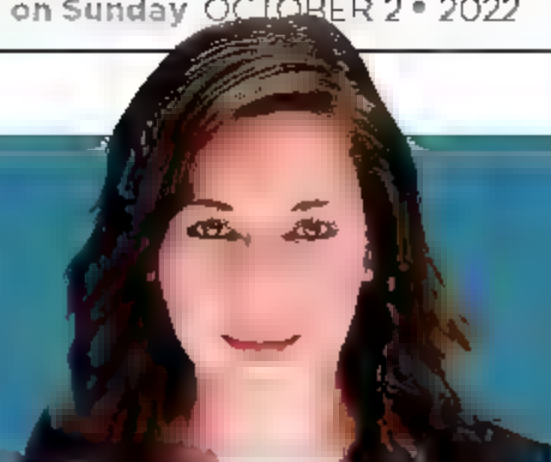
copies of wills, funeral wishes and power of attorney. It's uncomfortable to bring it up but it's important. Mum and I are sorting this out at the moment

### A LITTLE KNOWLEDGE CAN BE DANGEROUS

WHEN mum was diagnosed, I knew nothing about osteosarcoma



# Sarah Davidson



By **Sarah Davidson**  
and **Rachel Rickard Straus**

**I**NVESTORS have endured a torrid few days. The pound has never been lower against the US dollar, the cost of Government borrowing has soared, and stock markets are beleaguered by dramatic volatility.

Most investors will need a strong stomach to look at the value of their portfolio this weekend. (In fact, not looking could be a good plan.) An index of the UK's 350 biggest companies is down about 12 per cent this year alone, while global stock markets have fallen close to 25 per cent.

Most investors were already nursing losses this year, even before the events of last week took hold, thanks to the war in Ukraine, soaring inflation and the ongoing global recovery from the pandemic.

But things got much worse in the wake of Chancellor Kwasi Kwarteng's mini-Budget and the Bank of England's muted response to soaring inflation. Things got so bad that the Bank of England had to step in to buy up to £65 billion of government bonds to restore financial stability.

So what – if anything – should investors be doing? And is it really as bad as all that?

## THE IMPACT IS BAD – BUT NOT AWFUL

MOST investors have a well-balanced, diversified portfolio. This means that severe turbulence in one country, currency or sector should not have a toppling effect overall.

So, for example, if you have a number of investments in UK companies and priced in pounds, the falls these have experienced will be partly offset by the gains made by investments in others that earn profits in US dollars.

Philip Dragoumis, director at Thera Wealth Management, explains: 'UK companies make up less than 4 per cent of an index of the biggest companies around the world. This means that 96 per cent of an equity portfolio is automatically invested in other currencies, and therefore benefits from any fall in sterling.'

## WHAT ABOUT UK INVESTMENTS?

MANY UK investors have what is known as a home bias – in other words a high proportion of UK companies in their portfolios.

Even for these investors, it is not all bad news.

Smaller companies are hurting the most from the fall in sterling. That is because they are most likely to buy materials from overseas in dollars and euros, but earn their profits in pounds. Therefore their costs are higher but their profits lower.

The FTSE 250, an index of 250 small and medium sized UK-listed companies, is down 29 per cent so far this year. Firms including ASOS, TUI, Taylor Wimpey, Persimmon and Barratt Developments have seen particularly sharp falls in the last few days.

However, the picture is a lot brighter for large UK businesses. The FTSE 100 index of the biggest

UK firms fell just under two per cent last week and is down around 8 per cent so far this year. That is because 71 per cent of the revenues generated by these companies come from outside the UK and so are more likely to be earned in dollars rather than pounds.

Victoria Scholar, head of investment at investing platform Interactive Investor, says: 'We have seen painful volatility for investors in the pound but the FTSE 100 has been relatively resilient.'

'London-listed exporters such as Diageo and Coca-Cola enjoy a currency advantage when sterling slides, as UK exports priced in pounds become cheaper and more competitive on the global market.'

## BAD NEWS FOR BONDS AS FALLS CONTINUE

THE value of bonds has been dropping this year – and falls have accelerated in recent days. Bonds

are essentially debt that is issued by companies or governments. While interest rates were low, bonds paying a yield of one or two per cent looked like reasonable value and investors were happy to pay for them. But as inflation has risen, this level of income has been less attractive and so the value of bonds has fallen.

If investors think that the debt that a company or government issues is as safe as houses, they are likely to lend to them at low interest rates. But when there is so much as a hint of doubt about their ability to pay the debt, the cost of borrowing rises. That has also been feeding into the rising yields on bonds. Yields move in the opposite direction to bond prices.

All this matters to investors because most diversified portfolios contain a mixture of shares and bonds. The theory is that they tend to behave differently, so that if shares start to fall you have some protection in the form of bonds.

However, it has not been working out that way this year. Shares are falling – and so are bonds.

James Norton, head of financial planners at fund manager Vanguard, says: 'This is clearly very unsettling for investors, particularly those approaching retirement, but importantly the fundamental diversifying benefits of bonds still exist over the long term.'

'And it is really important that investors do focus on the long term. There is no doubt that 2022 has been tough, but portfolios rose in value for most investors in 2020 and 2021. Perspective is vital.'

Norton adds that on the bright side, lower bond prices mean higher yields for investors.

'In simple terms this means that the return on bonds is now likely to be higher than it has been,' he says. 'With returns likely to be nearer five per cent than the one or two per cent we have been used to, investors have a chance of recovering some of those losses faster.'

## SO WHAT SHOULD INVESTORS DO NOW?

IT is likely that the best action to take is none at all. You have not locked in any losses until you sell your investments – and by then they may well have recovered – especially if you have a long time horizon.

Daniel Jones, financial planner at DGS Chartered Financial Planners, says: 'Hold your nerve. Stick to your plan. It's time in the market that gives you positive long-term returns, not timing the market.'

He adds that it's human nature to feel nervous when the value of your investments is falling, but an emotional response can be costly.

Scholar at Interactive Investor adds that it is notoriously difficult to time the market. None of us really know whether things will get better or worse.

'Although this year has been extremely challenging for inves-



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Afraid to check your investments after a week of financial turmoil? Don't be...

# Here's why the raging storm that's rocked UK markets WON'T sink your portfolio



**YOUR INDISPENSABLE SEVEN-DAY TV GUIDE, FAVOURITE PUZZLES AND BRITAIN'S WITTIEST TV CRITIC, DEBORAH ROSS**

# TV & PUZZLES

## PICK OF THE WEEK

### PAXMAN: PUTTING UP WITH PARKINSON'S

Tuesday, ITV, 9pm

**H**e's the national treasure of British broadcasting who struck terror first into politicians on Newsnight, then more recently into the student contestants of University Challenge. Now, after being diagnosed last year with Parkinson's disease, Jeremy Paxman is showing the same formidable character in battling the condition, as an inspiring new documentary reveals.

As cameras follow him between his home, meeting friends, and recording in a TV studio, Paxman declares: 'I don't want people's sympathy. I just want them to say, "Well, that bloke's got it."'

The best-selling author explains how even the writing he loves so much has now become a struggle. 'I can't type. It's really annoying. I think I've written something and then it turns out to be gibberish,' he says, adding of his condition: 'I'm not living with it. I'm putting up with it.'

But far from being resigned to his fate, he's determined to do all he can to slow the progression of a condition which 18,000 of us will be diagnosed with every year in Britain, and is putting himself through a wide range of physical therapies.

At the English National Ballet, he takes a specialist dance class where the members include The Vicar Of Dibley co-writer Paul Mayhew-Archer, a fellow Parkinson's sufferer. Trying out crown green bowls for the first time, Paxman takes to the game straight away with what he self-deprecatingly calls beginner's luck - even as the 72-year-old admits with some irony: 'I always thought this was for old people.'

Despite his increasing physical limitations, he investigates the disease with the insatiable curiosity and instincts he's had as a professional journalist going back half a century. Those he meets include the doctor who first spotted his diagnosis while watching Paxman on TV and noticing that his face had become less expressive in recent years - a telltale sign. At a laboratory, Paxman gets an up-close glimpse of a cross-section of a brain visibly affected by the disease, while he also has a chance to compare his experience with comedian and fellow Parkinson's sufferer Paul Sinha, and Sharon Osbourne tells him how her husband Ozzy is coping with the condition.

Perhaps most memorably, he also meets former Home Secretary Michael Howard, now a friend but once his target on Newsnight, when Paxman famously asked the Tory grandee the same question a dozen times in 1997.

It's a telling reminder of the sheer tenacity of Paxman - a man who never gives up, whatever the challenge.

Diagnosed with Parkinson's disease last year, Jeremy Paxman investigates the illness with his famous tenacity in an inspiring documentary

## PAXMAN'S BIGGEST CHALLENGE



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22 NOVEMBER	LONDON • THE O2	
25 NOVEMBER	LONDON • THE O2	(DATE ADDED)
29 NOVEMBER	GLASGOW • OVO HYDRO	
02 DECEMBER	ABERDEEN • P&J LIVE	(NEW SHOW)
03 DECEMBER	GLASGOW • OVO HYDRO	(DATE ADDED)
06 DECEMBER	LIVERPOOL • M&S BANK ARENA	
09 DECEMBER	BIRMINGHAM • UTILITA ARENA	
10 DECEMBER	BIRMINGHAM • UTILITA ARENA	(DATE ADDED)
13 DECEMBER	LEEDS • FIRST DIRECT ARENA	
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# Deborah Ross



## Oh heavens... here's another case for the plot hole police

### Inside Man

BBC1, Monday, Tuesday (with spoilers)

★★★★★

### Make Me Prime Minister

Channel 4, Tuesday

★★★★★

**I**nside Man is a thriller written by Steven Moffat (Sherlock, Doctor Who, Dracula) and it has a stellar cast: David Tennant, Dolly Wells, Lydia West and Stanley Tucci, who are all terrific, but you can't say the same about the plotting.

We are all, I think, used to thrillers where the protagonists make the least credible decision - 'Don't do that!' - but here the decisions are insane. I watched both of the episodes and then rewatched the first one, imagining I'd missed something, but no, every character behaves in ways that are spectacularly daft. 'This is very stupid,' Tennant's character says at one point, and I thought: 'You're not wrong there, my friend.'

The opening is brilliantly uncomfortable. A young woman on the Tube is sexually intimidated by a leery bloke. An older woman stands up to him, films him on her phone, tells him she's recording him on Facebook Live, and 'if there are any police around, that would be lovely'. The police are waiting for him at the next stop, even though she confesses she was bluffing, and hasn't a clue about Facebook Live. So how come the police are there? I will mention no further plot holes, as that's boring. I will only say that it's hard not to put the plot hole police all over this. It took a great deal of self-restraint on my part and I could not always succeed.

The young woman, it turns out, is Beth (West), a serious journalist, which we can be in no doubt about, as she keeps saying: 'I'm a serious journalist.' The older woman, Janice (Wells), is maths tutor to a vicar's son. But now we switch to a prison in America where Jefferson Grieff (Tucci), who chopped up his wife, is awaiting execution, but is not idle. He is also known as the 'Death Row Detective' as he has tremendous powers of deduction, so outsiders bring him unsolved crimes (very Sherlockian). He has a sidekick, in the form



of another prisoner, Dillon (Atkins Estimond), who sits in on meetings because he has 'a photographic memory' and can recall everything that's said (but isn't a photographic memory visual? Sorry!). Dillon, who has killed 15 women, is played for laughs. One way or another, this does delight - is that the right word? - in violence against women. Grieff's first client is a senator who says he isn't a rapist. But is.

Back to England where the vicar, Harry (Tennant), is finishing up a church service. He is funny and there are some good lines. The choir will be two down on Wednesday, he is told, due to illness. He's not surprised. 'The average age is 72. Every long note is a cliff-hanger.' His verger, a troubled young man, then asks him to hide a flash drive. Harry

**POLICY:**  
Kelly Given  
in Make  
Me Prime  
Minister

agrees but back at home it ends up plugged into Janice's laptop, showing images of child porn. What does he do? The verger is vulnerable, so should he protect him? Rather than involve the police? (Um, how does 'no' sound?

**STELLAR CAST:** Stanley Tucci, Dolly Wells, Atkins Estimond, David Tennant and Louis Oliver in Inside Man

Given children are being abused?). He fears Janice will think it's his son - Harry, the police would sort that out! - so does what no one would do in this situation and shoves her into the cellar, locking the door behind her. Why she doesn't pound and scream, I don't know. When his wife gets home, I'm thinking: now he's in for it. But she just asks if Janice is vegetarian, 'because we'll have to feed her'. Nuts, like I said.

The different storylines intertwine when Beth, who has gone to America in the hope of interviewing Grieff, realises Janice has gone missing and asks for his help. There are two further episodes this week and I'll continue watching. The cast are great, even if the narrative isn't, and I'm curious to see how it plays out. As Harry's life unspools, Moffat wants to prove that anyone can be a murderer. That's what is inside man. Grieff says as much: 'All it takes is a good reason and a bad day.' But only, I would add, if you're crazy in the first instance.

Barely space for Make Me Prime Minister, which rips off The Apprentice, with Alastair Campbell and Baroness Warsi as Margaret and Nick (which shows when I last bothered with The Apprentice). It says its aim is to find Britain's alternative Prime Minister, someone of 'passion and conviction', but it's not a serious endeavour. The jokey voice-over is by Sue Perkins and, aside from Jackie 'you have no authority' Weaver, the candidates are young and photogenic, and in their interviews on the Channel 4 website, quite a few, when asked if they are interested in politics, say 'not really'.

The 12 were divided into two teams and instructed to come up with an education policy to sell to the press. The most fun moment was when Andrew Pierce, of this parish, advised one team on a photo opportunity, which would make them look ridiculous, but they happily complied. (See also: Boris on zip wire.) In this instance, I had no trouble believing how stupid some people can be.

## CLASSICAL

### DAVID MELLOR

#### Aida

Royal Opera House, London, until Oct 12

★★★★★

**A**nother expensive missed opportunity at Covent Garden. An ugly, excessively militaristic, modern-dress staging, the action often at variance with the romantic music that Verdi poured his heart into, only partially redeemed by some good singing, and the conducting of Antonio Pappano.

I'm astonished that a director as accomplished and experienced as Robert Carsen would put his name to this mess. Way before the interval, I got heartily

sick of the sub-West Point antics of an array of charmless, American-style soldiers, strutting about and even, risibly, participating in the ballet. There comes a moment when even good singing and conducting can be overwhelmed by the negative visual impact of the action on stage, and that happens often here.

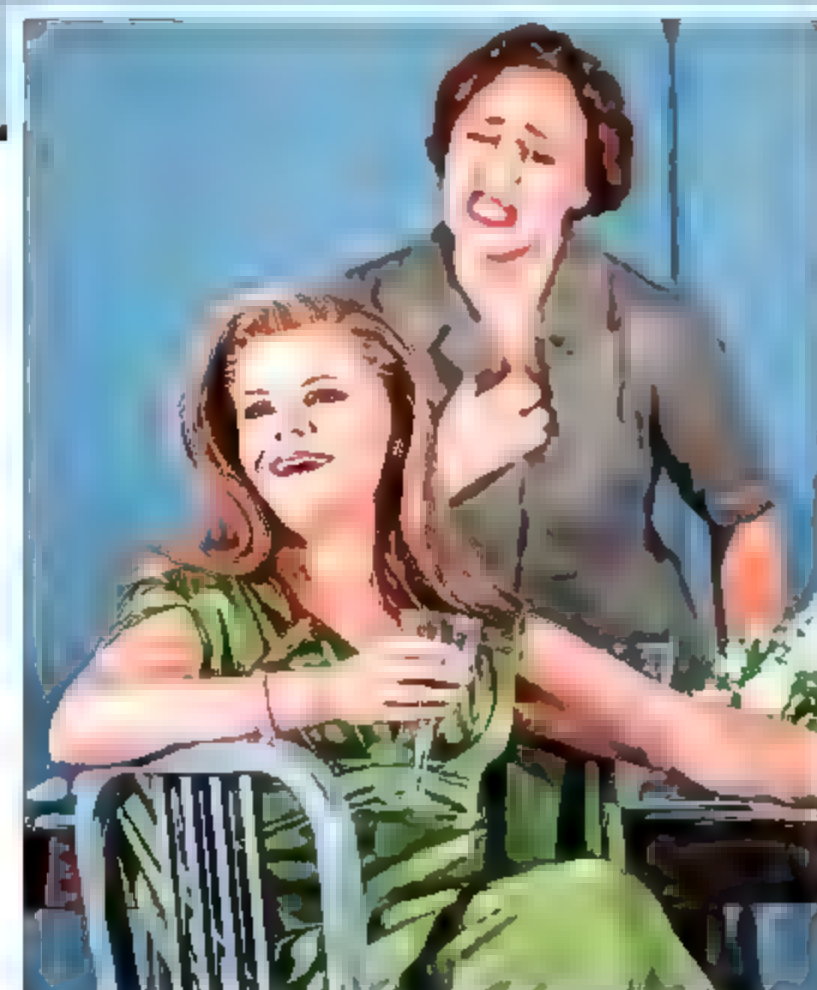
No doubt Carsen thinks an epic ancient Egyptian show is way too clichéd for a great director like him. But contemporary army rubbish, set in some dictatorship somewhere, is way more clichéd these days than putting something on to the stage that Verdi might have appreciated.

At least we have two accomplished principals in Elena Stikhina's Aida, and Agnieszka Rehlis (right, with Stikhina) as Amneris. Praise is also due to Solomon Howard's High Priest. An excellent voice, coupled with a commanding physical

presence that suits the depiction of an army officer imposed upon him in this production. He completely outclasses In Sung Sim, a German-based Korean, for some reason drafted in as the King.

A bizarre piece of casting, it again allowed the casting director to present a show without a single British singer in it. As the economic clouds darken, and public expenditure comes under pressure, Covent Garden may have cause to regret detaching itself quite as much as it has from a whole raft of highly accomplished British or Britain-based singers.

As Radames, the captain of the guard, Francesco Meli makes little impact. His opening aria is roughly phrased, with the final note split. He gets better, but not much. In his unflattering army uniform, he looks about as heroic as a stock clerk counting the ammo.





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## OCTOBER 2022

- 06 **GUILDFORD** G Live
- 07 **BEXHILL** De La Warr Pavilion
- 08 **DUDLEY** Town Hall
- 09 **EDINBURGH** Festival Theatre
- 10 **ABERDEEN** Tivoli Theatre
- 12 **DUNFERMLINE** Alhambra Theatre
- 13 **GLASGOW** Pavilion Theatre
- 14 **NEWCASTLE**  
Tyne Theatre & Opera House
- 15 **BLACKPOOL** Grand Theatre
- 16 **NOTTINGHAM** Theatre Royal
- 19 **BUXTON** Opera House
- 20 **LEEDS** City Varieties
- 21 **LEICESTER** De Montfort Halls
- 22 **TUNBRIDGE WELLS**  
Assembly Theatre
- 23 **SALFORD** The Lowry
- 26 **WOLVERHAMPTON** Grand Theatre

## OCTOBER 2022 contd.

- 27 **LINCOLN** Engine Shed
- 28 **CREWE** Lyceum Theatre
- 29 **STOCKTON** Globe Theatre
- 30 **MILTON KEYNES** Theatre
- NOVEMBER 2022**
- 02 **YORK** Grand Opera House
- 03 **WAKEFIELD** Theatre Royal
- 04 **CANTERBURY** The Marlowe
- 05 **IPSWICH** Regent Theatre
- 06 **BIRMINGHAM** The Alexandra
- 09 **PORT TALBOT**  
Princess Royal Theatre
- 10 **CARDIFF** New Theatre
- 11 **TORQUAY** Princess Theatre
- 12 **PORTSMOUTH** King's Theatre
- 13 **EASTBOURNE**  
Devonshire Park Theatre
- 15 **CHELtenham** Everyman Theatre

## NOVEMBER 2022 contd.

- 16 **CHATHAM** Central Theatre
- 17 **CHELTENHAM** Everyman Theatre
- 18 **NORTHAMPTON** Royal & Derngate
- 19 **SOUTHEND** Cliffs Pavilion
- 20 **SURREY** Richmond Theatre
- 24 **DORKING** Halls
- 25 **TUNBRIDGE WELLS**  
Assembly Theatre
- 26 **LONDON**  
02 Shepherd's Bush Empire
- 27 **BRIGHTON** Theatre Royal
- JANUARY 2023**
- 23 **LIVERPOOL** Philharmonic
- 24 **GUILDFORD** G Live
- 25 **BOURNEMOUTH** Pavilion
- 27 **CORK** Opera House
- 28 **BELFAST** Waterfront
- 29 **DUBLIN** Vicar Street

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# TV ON DEMAND

We dig out the hidden gems so you don't have to...

## DISNEY, AMAZON, NETFLIX, BRITBOX & SKY



### CATHERINE CALLED BIRDY

AMAZON FILM

Lena Dunham's comic coming-of-age saga is based on Karen Cushman's novel of the same name and takes place in the medieval era. The story follows the fortunes of 14-year-old Lady Catherine as she tries to foil her destitute father's plan to marry her off to a wealthy suitor. Game Of Thrones star Bella Ramsey (above, with Isis Hainsworth) takes the lead role, ably supported by Joe Alwyn, Andrew Scott and Billie Piper. *From Friday*

### CONVERSATIONS WITH A KILLER: THE JEFFREY DAHMER TAPES

NETFLIX DOCUMENTARY

A chilling documentary using previously unheard audio recordings of the notorious Milwaukee serial killer (right). Jeffrey Dahmer murdered 17 men and boys between 1978 and 1991, and his predilection for necrophilia and cannibalism made him notorious. *From Friday*

### LET THE RIGHT ONE IN

PARAMOUNT+ DRAMA

A New York-set reboot of the acclaimed Swedish novel, already twice adapted for the screen, about a father and daughter whose lives were forever changed when she became a vampire. Now, ten years later, Eleanor (Madison Taylor Baez) lives a lonely life, able to leave her home only at night, while her dad, Mark (Demian Bichir), keeps her supplied with the blood she needs to survive. Meanwhile they desperately search for a cure. The showrunner is Andrew Hinderaker, a writer on the excellent Penny Dreadful. This is creepy but also defies genre expectations. *From Saturday*

### A FRIEND OF THE FAMILY

SKY/NOW CRIME DRAMA

Based on a true story, this gripping crime drama focuses on the Broberg family, revealing the ordeal they went through when daughter Jan was kidnapped twice - once aged 12, and for a second time at 14 - by a so-called family friend. Anna Paquin, McKenna Grace, Colin Hanks and Jake Lacy (right) head the cast. *From Friday*



PICK OF THE WEEK

### COMEDY

#### THE BEAR

DISNEY+ COMEDY DRAMA

Critics couldn't praise the eight-part comedy drama *The Bear* highly enough. An accomplished young chef with a position in a swanky restaurant comes home to Chicago after a family tragedy and sets about running the family business: a struggling hot beef sandwich shop. Carmen 'Carmy' Berzatto (Jeremy Allen White, above) is wholly unprepared for the realities of managing a chaotic, debt-ridden small business and has no idea how to deal with his truculent staff. Each half-hour episode leaves you wrung out but hungry for more, and you might find yourself wolfing them down. In a streaming landscape dominated by big-budget fantasy, sci-fi and superhero stuff, this is thrillingly different. *From Wednesday*

### GLITCH

NETFLIX SCI-FI FANTASY

A young woman (Jeon Yeo Been, right, foreground, with Nana) thinks her boyfriend's disappearance, the latest in a string of mysterious disappearances, might have something to do with aliens in this South Korean series. She joins forces with a group of UFO enthusiasts to investigate and stumbles on to a wild conspiracy. This is a quirky sci-fi comedy with a very offbeat sense of humour. Nana, when she's not appearing in UFO dramas, is more famous as a singer, having been a member of South Korean girl group After School. *From Friday*

### MR HARRIGAN'S PHONE

NETFLIX FILM

Coming-of-age tale featuring a charismatic performance from Donald Sutherland. A lonely lad is devastated when his only friend, elderly billionaire Mr Harrigan, dies. However, thanks to the old man's phone, they can still talk... Based on a Stephen King novella. *From Wednesday*

### MOVIE COLLECTION

BRITBOX FILMS

The latest clutch of BritBox movies includes horror classics such as *The Wicker Man* and *Don't Look Now*. And then there's *The Descent*, which offers as compelling an anti-caving message as you'll ever see. *From Thursday*

### LUCKIEST GIRL ALIVE

NETFLIX FILM

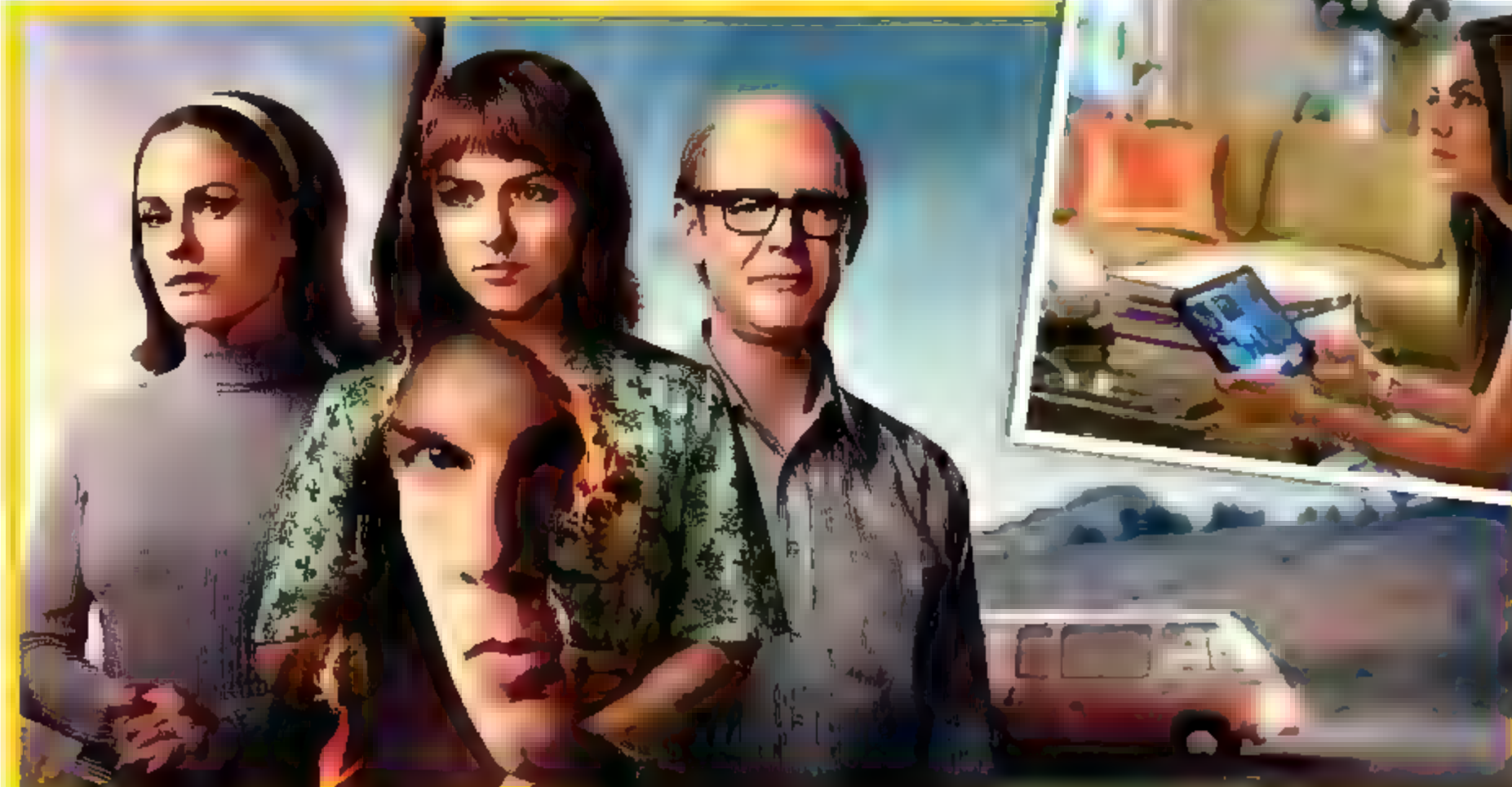
Ani FaNelli (Mila Kunis, below) has the perfect life - a fabulous job at a glossy magazine and a handsome, wealthy partner. But then the maker of a crime documentary invites her to tell her side of the story about a shocking incident that took place when she was a teenager at a prestigious school, and her life starts to unravel. Jennifer Beals and Connie Britton co-star. The film is directed by Mike Barker, who worked on *The Handmaid's Tale* and *Fargo*. *From Friday*

### CHEF!

BRITBOX COMEDY

Based on an idea by its star, Lenny Henry, *Chef!* went down a treat with

viewers when it aired between 1993 and 1996. Every episode is now being made available, and they focus on famous, if acerbic chef Gareth Blackstock (Henry), who struggles to juggle his personal and professional lives. *From Thursday*





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TUESDAY 01 NOVEMBER  
**DUBLIN** The Helix  
THURSDAY 03 NOVEMBER  
**SOUTHEND** Cliffs Pavilion  
FRIDAY 04 NOVEMBER  
**IPSWICH** Regent Theatre  
SATURDAY 05 NOVEMBER  
**BASINGSTOKE** The Anvil  
SUNDAY 06 NOVEMBER  
**NORTHAMPTON**  
Royal & Derngate  
MONDAY 07 NOVEMBER  
**LONDON** The Palladium  
WEDNESDAY 09 NOVEMBER  
**CHELTENHAM** Town Hall  
THURSDAY 10 NOVEMBER  
**CARDIFF** St David's Hall  
SATURDAY 12 NOVEMBER  
**HULL** City Hall  
SUNDAY 13 NOVEMBER  
**SALFORD** The Lowry  
TUESDAY 15 NOVEMBER  
**NEWCASTLE**  
O2 City Hall  
WEDNESDAY 16 NOVEMBER  
**GLASGOW**  
SEC Armadillo

THURSDAY 17 NOVEMBER  
**STOCKTON** Globe  
FRIDAY 18 NOVEMBER  
**DUNFERMLINE**  
Alhambra Theatre  
SATURDAY 19 NOVEMBER  
**ABERDEEN** Music Hall  
MONDAY 21 NOVEMBER  
**BATH** Forum  
WEDNESDAY 23 NOVEMBER  
**GUILDFORD** G Live  
THURSDAY 24 NOVEMBER  
**READING** Hexagon  
FRIDAY 25 NOVEMBER  
**PLYMOUTH** Pavilions  
SATURDAY 26 NOVEMBER  
**SOUTHAMPTON**  
O2 Guildhall  
SUNDAY 27 NOVEMBER  
**PORTSMOUTH** Guildhall  
TUESDAY 29 NOVEMBER  
**BIRMINGHAM** Town Hall  
WEDNESDAY 30 NOVEMBER  
**LEICESTER**  
De Montfort Hall  
THURSDAY 01 DECEMBER  
**NOTTINGHAM**  
Royal Concert Hall

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# Gareth Malone

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THE GUARDIAN

'A GOOD  
TIME HAD BY ALL'  
THE DAILY TELEGRAPH



WEDNESDAY 26 OCTOBER  
**SALFORD**  
THE LOWRY  
SATURDAY 05 NOVEMBER  
**LIVERPOOL**  
PHILHARMONIC  
TUESDAY 08 NOVEMBER  
**CARDIFF**  
NEW THEATRE  
WEDNESDAY 09 NOVEMBER  
**SOUTHEND**  
CLIFFS PAVILION  
THURSDAY 10 NOVEMBER  
**NOTTINGHAM**  
PLAYHOUSE  
MONDAY 14 NOVEMBER  
**WOLVERHAMPTON**  
GRAND  
FRIDAY 18 NOVEMBER  
**CRAWLEY**  
HAWTH  
SUNDAY 20 NOVEMBER  
**BATH**  
THEATRE ROYAL

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SUNDAY 27 NOVEMBER  
**NORWICH**  
THEATRE ROYAL  
MONDAY 28 NOVEMBER  
**OXFORD**  
NEW THEATRE  
THURSDAY 01 DECEMBER  
**GATESHEAD**  
SAGE GATESHEAD  
MONDAY 05 DECEMBER  
**LONDON**  
CAMBRIDGE THEATRE  
TUESDAY 06 DECEMBER  
**DORKING**  
HALLS  
THURSDAY 08 DECEMBER  
**CAMBRIDGE**  
CORN EXCHANGE  
THURSDAY 15 DECEMBER  
**GUILDFORD**  
G LIVE  
FRIDAY 16 DECEMBER  
**POOLE**  
LIGHTHOUSE



19 Nov - READING Hexagon  
22 Nov - CARLISLE Sands Centre  
24 Nov - BRADFORD St George's Hall  
25 Nov - SOUTHEND Palace Theatre  
26 Nov - BASINGSTOKE The Anvil  
28 Nov - GUILDFORD G Live  
30 Nov - HALIFAX Victoria Theatre  
2 Dec - NEWCASTLE  
Tyne Theatre & Opera House  
3 Dec - YORK Barbican  
6 Dec - BIRMINGHAM Town Hall  
8 Dec - MIDDLESBROUGH Town Hall  
10 Dec - ABERDEEN Music Hall  
11 Dec - EDINBURGH The Queen's Hall

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## FILM

# Manville's a well-judged joy, Monroe a misery marathon

**MATTHEW BOND**

## Mrs Harris Goes To Paris

Cert: PG, 1hr 55mins  
★★★★★

## Blonde

Cert: 18, 2hrs 46mins, also on Netflix  
★★★★★

## The Greatest Beer Run Ever

Cert: 12A, 2hrs 6mins  
Also on Apple TV+  
★★★★★

## A Bird Flew In

Cert: 15, 1hr 31mins  
★★★★★

**L**esley Manville has already had one go at the world of haute couture on the big screen, earning herself an Oscar nomination for her fabulous supporting performance in Paul Thomas Anderson's immensely stylish but distinctly dark *Phantom Thread*.

Now she's back in the world of high fashion again in the considerably more crowd-pleasing *Mrs Harris Goes To Paris*, playing a hard-working cleaning lady in the smoggy London of 1957 who falls in love with a Christian Dior dress and heads to the French capital to buy one. The only problem is that it costs £500, almost £15,000 in today's money. If all this sounds familiar, it's because it's based on a novel by Paul Gallico and has already been turned into a 1992 TV film starring Angela Lansbury and Diana Rigg. Here the latter's role, that of Dior's haughty manager, is taken by the great Isabelle Huppert, whom you don't often see playing second fiddle.

Although directed by an American, Anthony Fabian, this is an old-fashioned British delight, taking in such venerable institutions as football pools, greyhound racing and dinner dances.

Manville is a well-judged joy, never lapsing into caricature but anchoring the kindly Ada in a familiar reality as we watch her first riding her luck to raise the money, and then overcoming Gallic snobbery as she attempts to make her New Look dreams come true.

Yes, it stretches the fabric of credibility but this is gentle fantasy rather than hard-hitting drama. If you liked *The Duke*, with Jim Broadbent and Helen Mirren, earlier this year but thought that there

weren't enough nice frocks in it, this is the film for you.

After a brief time in cinemas, *Blonde*, a semi-fictionalised version of the life of Marilyn Monroe adapted from a Joyce Carol Oates novel, arrives on Netflix, a platform far better suited (what with its pause button and all) to the film's marathon running time.

But while many will sit down and start to watch it, how many will make it to the

inevitably tragic end? Goodness, this is an unpleasant piece of film-making, with New Zealand-born film-maker Andrew Dominik taking the central theme – that Monroe was serially abused by men in both her professional and personal life – and then laying that abuse before us in one very long sweep of misery.

So don't watch expecting Hollywood glitz and glamour. Instead, settle down to

something that looks as if it was made for TV, featuring a game but not particularly convincing Ana de Armas as Monroe, and taking in scene after scene of rape, abuse, domestic violence, mental illness, miscarriage and a particularly misguided depiction of abortion. I could go on – *Blonde* certainly does.

Based on a true story, *The Greatest Beer Run Ever* begins in the New York of 1967, when the city – and, indeed, the country – was divided by the Vietnam War. To show his appreciation of their service, merchant seaman Chickie Donohue (played by a moustachioed Zac Efron) resolves to take a beer to every soldier from his neighbourhood who's serving in Vietnam. He boards a ship to Saigon and we're off.

This starts out feeling like a very American film made for a Stars-and-Stripes-waving audience. But with Peter Farrelly directing and Russell Crowe contributing a small but important supporting performance as a cynical war correspondent, it soon deepens. As the naive Chickie travels around Vietnam – sometimes hitch-hiking, sometimes passing himself off as a CIA agent – he discovers the full horror and complexity of what's going on. There's a great soundtrack too.

Despite being shot in arty black and white, and with a cast including Derek Jacobi and Sadie Frost, *A Bird Flew*

In took too long to make it to our cinemas. Essentially a Covid project, it sees the crew of a film trying to cope as lockdown hits and they have to stay at home. Indulgent, under-written and dated.

**MISGUIDED:** Ana de Armas in *Blonde*. Left: Lesley Manville in *Mrs Harris Goes To Paris*



SCAN ME

**SCAN HERE**  
to watch trailers  
for this week's films



**FULL HORROR:** Zac Efron in *The Greatest Beer Run Ever*

**Belinda Carlisle**  
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**FEBRUARY 2023**

- 03 BIRMINGHAM Symphony Hall
- 04 CARDIFF St David's Hall
- 06 PORTSMOUTH Guildhall
- 08 OXFORD New Theatre
- 10 LONDON Palladium
- 11 NOTTINGHAM Royal Concert Hall
- 13 SOUTHEND Cliffs Pavilion
- 15 EXETER Great Hall
- 17 MANCHESTER Academy
- 18 EDINBURGH Usher Hall
- 20 YORK Barbican
- 21 GUILDFORD G Live
- 23 GATESHEAD Sage
- 24 SHEFFIELD City Hall
- 26 CAMBRIDGE Corn Exchange

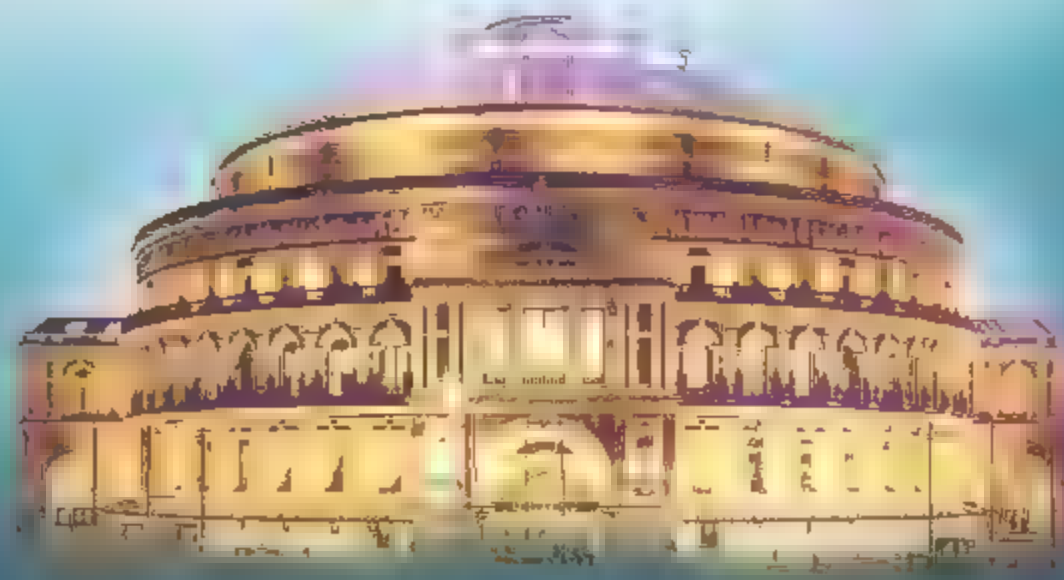
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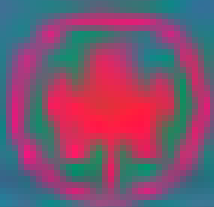
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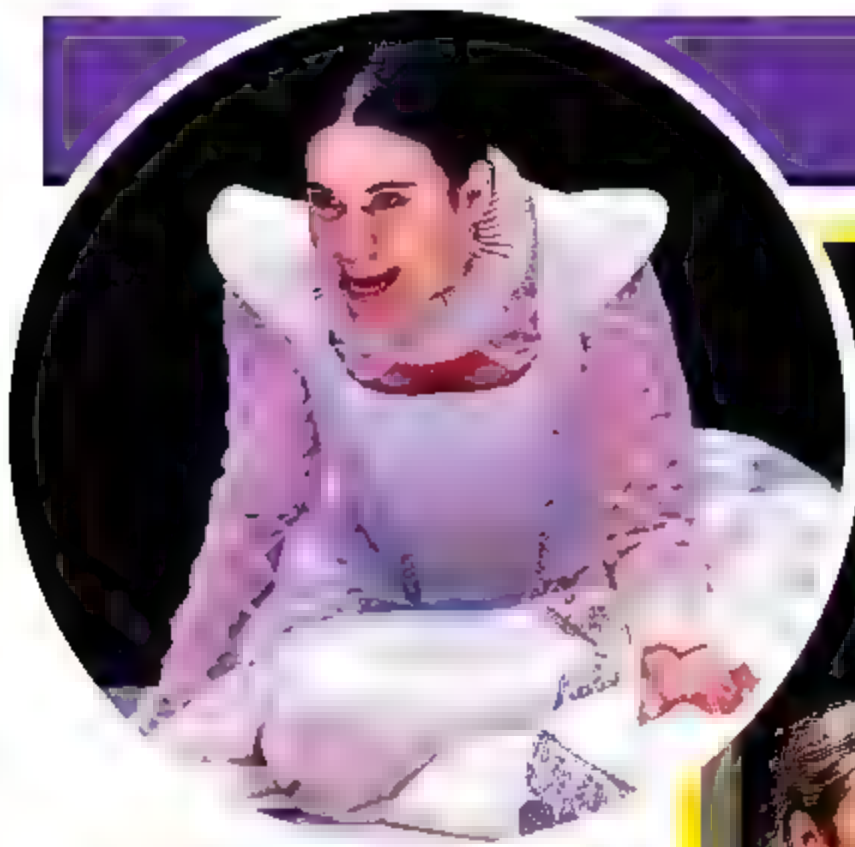
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150  
Royal Albert Hall



## THEATRE

## Going for woke doesn't always hit the bullseye



HOLLY WILLIAMS

## Eureka Day

The Old Vic, London

Until October 31, 2hrs

★★★★★

## A Midsummer Night's Dream

Shakespeare North

Playhouse, Prescot

Until October 22, 2hrs 30mins

★★★★★

Jonathan Spector's comedy gets a UK premiere bolstered by star casting – Hollywood's Helen Hunt – and topical prescience. Eureka Day is about parents who run a progressive California school, torn apart when a mumps outbreak reveals how many are anti-vaxxers. Suddenly, ensuring everyone 'feels seen' no longer works. In one very funny scene, an earnest attempt at consensus via Zoom descends into chaos, snarky online comments and hilariously inapposite emojis.

Katy Rudd directs a stellar cast with flawless timing, but this is

too safe a send-up. While Spector's script extends understanding, if not approval, to his characters – giving Hunt's anti-vax mother a speech which she delivers beautifully – the play feels mounted in bad faith. Ridiculing these 'woke' parents, it mines laughs in iffy places (is differentiating between South Asian and South East Asian racial identities *really* a punchline?).

Some of the smugness and hypocrisy deserves mockery, and

is mercilessly caught. But by inflating everything for cheap laughs, it undermines the play's main question: if every viewpoint is valid, what happens when some are scientifically less so?

To Prescot, home of the new Shakespeare North Playhouse, crafted in pale wood with grey cushioned benches – imagine a Scandi-chic take on the Shakespearean playhouse.

They open with Matthew Dunster and Jimmy Fairhurst's

lively production of A Midsummer Night's Dream. It's good fun, earning laughs with sweary ad-libs and audience participation.

The main gimmick is that half the cast have food poisoning, meaning the theatre's front-of-house staff must step in – linking nicely with the Rude Mechanicals' own amateur theatrics, and adding extra comic confusion and backstage drama.

What it doesn't do is help the clarity of story for those less

**SCHOOL DAZE:** Helen Hunt, second from right, in Eureka Day. Top left: Nadine Shah in A Midsummer Night's Dream

familiar with Shakespeare. It's also a naff way to justify having only the voice of David Morrissey as Oberon. They've netted gorgeous-voiced singer Nadine Shah as Titania – giving her no one to act against unbalances the play.

An enjoyable if uneven opening, then, to a lovely new theatre.

## MUSIC

TIM DE LISLE

## Morrissey

INEC Arena, Killarney

Touring until October 14

★★★★★

## Courtney Marie Andrews

Loose Future

Out Friday

★★★★★

**M**eat is murder, he once told us. And Morrissey is Marmite

He has enough fans to have come second in a 2006 BBC poll naming Britain's greatest living icon, just behind David Attenborough (and ahead of David Bowie). But he also drives a lot of people mad.

The last of his umpteen record companies dropped him in 2020. Since then he's finished what he says is 'the best album of my life'. He has yet to find a label willing to release it.

Warming up for his UK tour in a cosy Irish arena, Morrissey walks on stage wearing wide-leg jeans, holding a packet of crisps, exuding charisma. At 63, he still sings with stentorian



## REBEL!

Morrissey on stage earlier this year

Their sound, halfway from punk to Britpop, can be powerful (Irish Blood English Heart) or plodding (Rebels Without Applause). The five Smiths tracks include two rarities in Frankly, Mr Shankly and Please, Please, Let Me

intensity and writes songs bursting with elegant bitterness.

The first line he sings is 'We hate it when our friends become successful'. On Bonfire Of Teenagers, the title track of the unreleased album, he dismisses fellow Mancunians who sang Don't Look Back In Anger after the arena bombing as 'morons'.

His solo stuff could be The Smiths, if only it had Johnny Marr's jangling eloquence. This five-man band has two guitarists, sometimes three, but they never break free like Marr.

Get What I Want, but the band's greatest hit, Heaven Knows I'm Miserable Now, only appears as a slogan on a tote bag.

Morrissey is famous for being outrageous, but maybe he is tiring of that. He doesn't sing The Queen Is Dead, or embark on a rant: he's so well behaved, it's almost disappointing.

Courtney Marie Andrews is a singer-songwriter from Arizona with a crystalline voice and a pinpoint pen. Since her last album, the exquisite Old Flowers (2020), she has fallen in love. It turns out she's so good, she can even write happy songs.

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12 Oct	CARDIFF ST DAVID'S	8 NOV	BASINGSTOKE ANVIL
13 Oct	BATH FORUM	9 NOV	IPSWICH REGENT
14 Oct	PLYMOUTH PAVILIONS	11 NOV	DARLINGTON HIPPODROME (2 SHOWS)
15 Oct	BOURNEMOUTH PAVILION	12 NOV	CHESTERFIELD WINDING WHEEL
16 Oct	DARTFORD ORCHARD (2 SHOWS)	13 NOV	DONCASTER DOME
18 Oct	TUNBRIDGE WELLS ASSEMBLY HALL	14 NOV	WYCOMBE SWAN
19 Oct	LEICESTER DE MONTFORT HALL	16 NOV	MANCHESTER BRIDGEWATER HALL
20 Oct	SOUTHEND CLIFFS PAVILION	17 NOV	NORTHAMPTON DECO
21 Oct	PETERBOROUGH NEW THEATRE	18 NOV	BLACKPOOL OPERA HOUSE
23 Oct	CROYDON FAIRFIELD HALL	19 NOV	NEWCASTLE CITY HALL
24 Oct	BIRMINGHAM SYMPHONY HALL	20 NOV	INVERNESS EDEN COURT (2 SHOWS)
27 Oct	RHYL PAVILION	22 NOV	ABERDEEN MUSIC HALL
28 Oct	LIVERPOOL PHILHARMONIC	23 NOV	DUNDEE CAIRD HALL
29 Oct	STEVENAGE LEISURE CENTRE	25 NOV	GLASGOW THE ROYAL CONCERT HALL
30 Oct	LEEDS GRAND (2 SHOWS)	26 NOV	CARLISLE THE SANDS CENTRE
2 NOV	EASTBOURNE CONGRESS	27 NOV	EDINBURGH QUEENS HALL (2 SHOWS)
5 NOV	DERRY MILLENNIUM FORUM		



# ROGER WATERS

WHO CREATED THE GOLDEN YEARS OF

# PINK FLOYD

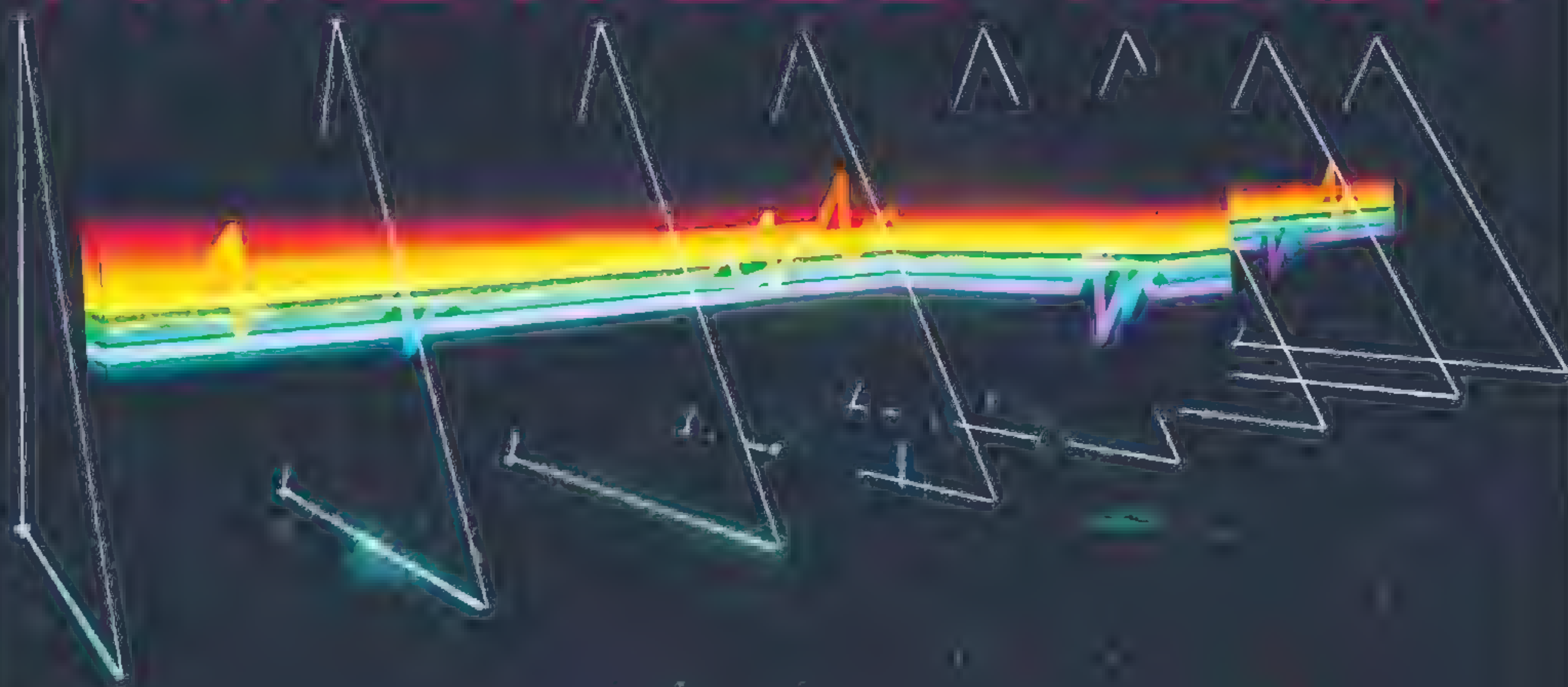
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## BOOKS

# The quirks of fate that gave us Hitler, Churchill... and Gorbachev

**SIMON GRIFFITH**  
HISTORY

## Personality And Power

Ian Kershaw

Allen Lane £30

★★★★★

**A**ny book by the acclaimed historian Sir Ian Kershaw is eagerly anticipated, but this one is especially topical because of the recent death of Mikhail Gorbachev, the last Communist leader of the Soviet Union.

Gorbachev features prominently on the cover of the book as one of 12 political figures singled out by Kershaw as central to the history of modern Europe. Kershaw is interested in the effect of personality upon political power. He's not evaluating greatness, which he considers a nebulous concept from a historical perspective, but in the impact these men (and one woman, Margaret Thatcher) had on their countries and the wider world.

Kershaw's method is to take each of the 12 in turn, beginning with Lenin and ending with Helmut Kohl, and to sketch their characters against the background of the political circumstances in which they came to prominence. He then goes on to discuss how much their personalities influenced their exercise of power and to consider their legacies. The careers of dictators such as Lenin and Hitler were obviously very different from those of democratically elected politicians such as Churchill and Thatcher, but it's striking how much of a role chance and the miscalculations of others played in all their lives. Lenin would be no more than

a footnote in the history books had not the German government made the fateful decision to allow his return to Russia in 1917, while Thatcher would probably not have won a second term without the Argentinian junta's disastrous decision to invade the Falkland Islands.

It might seem distasteful to compare the characters of murderous tyrants with elected politicians, but as Kershaw reminds us, democrats need to possess a streak of ruthlessness just as much as dictators. Thatcher's decision to sink the Belgrano and Churchill's bombardment of the French fleet at Mers El Kebir in 1940 are cases in point. Churchill's irascibility, egocentricity and recklessness were traits shared by the less salubrious characters in this book, and he was not alone. General de Gaulle, like Churchill, had pronounced autocratic tendencies, and it's unsurprising that the two men infuriated and admired each other in equal measure.

'What counts is power, and power again, and power once and for all,' Churchill once confided to Tito, the Yugoslavian Communist dictator. The acid test, though, was that when Churchill lost the 1945 election, he accepted the voters' will and walked away. The disgraceful scenes in Washington when Trump and his supporters refused to accept Biden's 2020 victory are a reminder of the fragility of democracy in the face of populist rabble-rousing.

Kershaw is best known for his superb two-volume biography of Adolf Hitler, and it's no surprise that his essay on the German dictator is one of the best in the book. He notes the argument that democratic leaders exercise power 'through' states while dic-

tators do it 'over' states, and no one exemplifies this more than Hitler. It is most clearly seen in the conduct of foreign policy and war, for which Hitler 'avidly thirsted'. His backing for the decisive 1940 Ardennes offensive, which led to the fall of France but was strongly opposed by his top brass, made his position as war leader unassailable and meant that there were no constraints on his interference in military matters. 'All my life I've always gone for broke,' Hitler had told Göring when he warned him of the risks of going to war.

The reputation for recklessness that had dogged Churchill since his involvement in the ill-fated Gallipoli campaign in the First

### IN CHARGE

Winston Churchill.  
Cartoons of Adolf Hitler, left, and Mikhail Gorbachev, right

World War seems small beer in comparison with Hitler's foolhardiness, but the British Prime Minister, like all democratic leaders, faced limits on the ways he could impose his personality on policy. Hitler faced none.

Two events define the 20th Century, the Second World War and the Holocaust, and 'Hitler was the chief author of both'. He was, says Kershaw, 'the prime mover of the most fundamental collapse of civilisation that modern history has witnessed', and this is why he must be regarded as the dominant political figure of the first half of the last century. Fortunately the leader who Kershaw thinks exerted the greatest influence on Europe in the second half of the century, Mikhail Gorbachev, is a much more benign character.

In some ways Gorbachev's is the most interesting chapter in the book, because he was neither a democrat nor a dictator. He didn't set out to dismantle the Soviet Union, but his actions had that unintended consequence. When push came to shove, however, he rejected the repressive tactics of his predecessors. And although he was against Nato expansion, he recognised Germany's right as a sovereign nation to do as it pleased. The contrast with the present occupant of the Kremlin couldn't be starker. Kershaw describes Gorbachev as a 'towering' historical figure. On Putin, I suspect, history will deliver a very different verdict.



# How Bond was definitely not the fifth Beatle

## Love And Let Die

John Higgs

W&N £22

★★★★★

**I**n one of the less creepy of the many scenes in which he's 'entertaining' a lady in 1964's Goldfinger, Sean Connery – as James Bond – rolls out of bed and heads to the fridge to recharge their glasses, explaining: 'My dear girl, there are some things that just aren't done, such as drinking Dom Perignon '53 above the temperature of 38 degrees Fahrenheit. That's as bad as listening to The Beatles without earmuffs.'

'Tone-deaf both literally and culturally, this clunking line exposes the yawning chasm

between the world of The Beatles and Bond. In one sense, they are twins. The first Bond movie and the first Beatle single, Dr No and Love Me Do, were both issued on October 5, 1962, and from this remarkable coincidence, John Higgs weaves a daring, dazzlingly entertaining pop cultural critique.

Higgs's contention is that though they are perhaps the biggest British cultural exports ever, each represents entirely different, even warring, aspects of the British psyche, society and masculinity. For Higgs, it's a Freudian clash between Eros

(love, co-operation, joy, The Beatles) and Thanatos (cruelty, aggression, death, Bond).

'It is hard to imagine more perfect cultural expressions of those drives than James Bond films or The Beatles. Given the astonishing global success they would enjoy, this must surely be the most public struggle for the soul of a culture ever. Never before had one country's psychic laundry been washed in front of an audience of the whole planet.'

If this makes Love And Let Die sound portentous, cerebral even, fear not. It's smart and

analytical, yes, but it's also enormously good fun. There's something provocative or revelatory on every page; Bond author Ian Fleming is in Hamburg's Reeperbahn for a magazine piece just days before The Beatles arrive to play their infamous teenage residency there.

When Australian model George Lazenby (left) was being considered as the third Bond, the producers sent sex workers to his hotel to confirm he wasn't gay.

Higgs is no respecter of orthodoxies or reputation. Fleming emerges as an unpleasant bigot whose success came largely thanks to the old boy network. The Beatles are, by contrast, working-class autodidacts remaking a new world rather than reinforcing the status quo à la Bond.


Higgs notes how the Bond of the films, roguish and charming if prehistoric in outlook, is very far from the thuggish, repressed enforcer of the books. He gives short shrift to the once-dominant narrative, peddled largely by cloth-eared hacks at Rolling Stone, that Lennon was complex and authentic due to his half-baked philosophies while McCartney was a lightweight because of his huge talent, charm and popularity.

All of which were on display when, at 80, Macca triumphed on stage at Glastonbury this summer, playing his theme from Live And Let Die. The Beatles and Bond still presenting their very different versions of the English male to a still-enraptured world, licensed to both thrill and kill.

Stuart Maconie





A photograph of Joe Bonamassa playing a Fender Telecaster guitar. He is wearing a dark blue shirt and glasses. The background is dark with some stage lighting.

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## BOOKS

# Self-mocking wit of 'the dumpy one with Trinny'

**Ready For Absolutely Nothing**  
Susannah Constantine  
Michael Joseph £20  
★★★★★

**B**est known as the co-presenter of the early 2000s makeover show *What Not To Wear*, on which she and Trinny Woodall became famous for grabbing their subjects' boobs, Susannah Constantine no longer dictates to the nation's women the length of their hems or instructs quivering housewives to throw out their wardrobe.

Indeed, this entertaining and funny memoir reveals a self-deprecating personality, frequently pillorying her own sartorial choices. Her shoes are 'the kind you'd find advertised in the back of a Sunday supplement next to bed jackets and incontinence pants', she writes, and she cheerfully claims to have 'made a career as the dumpy one standing next to the rangy, languid-limbed Trinny'.

She insists that during a stint as a model, 'the only job I managed to land was the

"before" foot model for Dr Scholl corn pads and it soon became clear I was no Christie Brinkley'.

Nevertheless, she has certainly led a supermodel sort of life. She flies to Lahore with Imran Khan, visits sex clubs in Berlin with the lead singer of the Scissor Sisters, and parties with an underwhelming Andy Warhol in New York. Born into a wealthy family, she peoples these pages with more toffs than you can shake a sceptre at. It's essentially a Baedeker, Debrett's and a Who's Who rolled into one.

She was also famous for stepping out with the Queen's nephew Viscount Linley, son of Princess Margaret (above, with Constantine). At one point, Constantine finds herself invited for a stay at Balmoral at the same time as then Prime Minister Margaret Thatcher. During a day of salmon-fishing on the Dee, tea is brought out. When Constantine holds out her cup to be filled, the Queen and Mrs Thatcher engage in a battle of wills over who is to 'be mother', tussling for possession of a large brown teapot.

Naturally, Her Majesty eventually wins.

*Honeysuckle Weeks*



## THE BEST NEW FICTION



**Our Missing Hearts**  
Celeste Ng  
Abacus £20

The author of *Little Fires Everywhere* returns with a stunning story of injustice and resistance in a dystopian America. Bird was nine when his poet mother vanished. Now 12, he's grasping the nature of the society she tried to save him from. Setting out to find her, he'll need to channel all the wisdom of her stories to succeed. Lyrical, intricate, unsparing: this novel will break your heart and fire up your courage.

*Hephzibah Anderson*



**The Book of Goose**  
Yiyun Li  
Fourth Estate £16.99

There are echoes of Elena Ferrante in this riveting portrait of a thwarted friendship between two teenage girls from a poverty-stricken village in rural France after the Second World War. Wherever Fabienne goes, timid Agnès follows. But their bond breaks when a book of short stories that they write together is published - on Fabienne's say-so - under Agnès's name only. Told from Agnès's perspective as an adult, the novel eyes the nature of literary fame and the fallout from emotional manipulation.

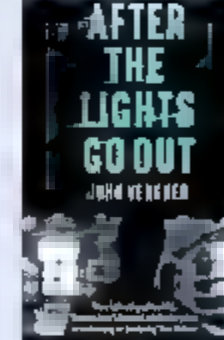
*Anthony Cummins*



**The Six Who Came To Dinner**  
Anne Youngson  
Doubleday £12.99

A village cleaning lady finds a dead body in a car boot after a weekend party; a disabled widow escapes the clutches of a scheming carer; an altercation between a farmer and some dog-walkers unfolds from four different perspectives. The six short stories in this highly enjoyable collection peel away the politeness of middle England to reveal a darker psychological underbelly. Subtle and pitch-perfect.

*Simon Humphreys*



**After The Lights Go Out**  
John Vercher  
Pushkin Vertigo £14.99

Anyone getting a little tired of the cosy crime boom can rest assured that there's nothing remotely heart-warming about this brilliant, bleak slice of American noir. Xavier Wallace - aka the Scarecrow - is an ageing, broken-down, mixed-race martial-arts fighter who's asked to throw one last fight by the mob. The greater battle, though, is with his own inner demons - especially when it comes to his troubled relationship with his dying, white father. Moving, enlightening and memorable.

*John Williams*

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CREATIVE DIRECTOR AND CHOREOGRAPHER  
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Tue 29 BRIGHTON DOME

### DECEMBER 2022

Fri 2 MANCHESTER BRIDGEWATER HALL  
Sat 3\* SOUTHEND CLIFFS PAVILION  
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Tue 6 BATH THE FORUM  
Sat 10 BIRMINGHAM SYMPHONY HALL  
Sun 11 BLACKPOOL OPERA HOUSE  
Mon 12\* LONDON THEATRE ROYAL DRURY LANE  
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f t i



# SUNDAY OCTOBER 2

## BBC1



**Bloodlands, 9pm** Tom begins to wonder what drives Olivia

- 6.00 **Breakfast**
- 7.00 **Match Of The Day (R)**
- 8.30 **Sunday With Laura Kuenssberg**
- 9.25 **[PICK] London Marathon**  
Gabby Logan presents coverage of the prestigious race, including the conclusions of the men's and women's elite races.
- 2.35 **BBC News; Weather**
- 2.50 **Politics England**
- 3.20 **Escape To The Country (R)**
- 3.50 **Frozen Planet II (R)**
- 4.50 **BBC News**
- 5.05 **Regional News; Weather**
- 5.15 **Countryfile** Joe Crowley is on the South Devon coast.
- 6.15 **Antiques Roadshow**  
At Brodie Castle, Fiona Bruce meets a Highland Games commentator who has brought along items including a brooch presented by Queen Victoria.
- 7.15 **Strictly Come Dancing: The Results** The two lowest-scoring couples take part in this year's first dance-off.
- 8.00 **[PICK] Frozen Planet II 4/6**  
The wildlife of Antarctica, including rare footage of the Antarctic blue whale, the largest animal to have ever lived, as well as king penguins and albatrosses.
- 9.00 **Bloodlands 3/6** Tom and Olivia race to track down the gold before the police can find it. But the more Tom hears about Olivia from other sources, the more he realises she cannot be trusted.
- 10.00 **BBC News; Weather**
- 10.25 **Regional News; Weather**
- 10.30 **Match Of The Day 2**  
Including action from Manchester City v Manchester United and Leeds United v Aston Villa.
- 11.30 **FILM: The Last Right** (15/2019) Premiere. A fateful exchange on a flight has consequences for Daniel Murphy, who is left in charge of a corpse of someone he never knew. Comedy drama starring Michiel Huisman.
- 1.15 **BBC News**

## BBC2



**Simon Reeve's South America, 9pm** Simon makes a new friend

- 6.05 **Gardeners' World (R)**
- 7.05 **Countryfile (R)**
- 8.00 **Beechgrove (R)**
- 8.30 **[PICK] London Marathon**  
Live coverage of the start of the 42nd staging of the 26.2-mile race.
- 9.25 **Landward**
- 10.00 **This Farming Life (R)**
- 11.00 **Saturday Kitchen Best Bites** Series highlights. (R)
- 12.30 **Nadiya's Everyday Baking**  
Family favourites. (R)
- 1.00 **The A To Z Of TV Cooking**
- 1.15 **Songs Of Praise**  
Celebrating 900 years of Carlisle Cathedral.
- 1.50 **Points Of View**
- 2.05 **FILM: The Ipcress File** (PG/1965) Spy thriller starring Michael Caine.
- 3.50 **The Hotel People**
- 4.50 **Flog It! (R)**
- 5.20 **[PICK] London Marathon Highlights** Action from the 42nd staging of the race.
- 6.20 **This Farming Life 3/12 A**  
bumper lambing season is in full swing at the Cursiter Family Farm in Orkney. (R)
- 7.20 **Celebrity Antiques Road Trip 9/20** Crissy Rock faces good pal Scarlett Moffatt.
- 8.20 **[PICK] Stanley Tucci: Searching For Italy 1/4**  
The American actor travels across Italy to discover more of the secrets and delights of the country's regional cuisines.
- 9.00 **Simon Reeve's South America 4/5** The adventurer travels to the vast white salt flats of Bolivia.
- 10.00 **[PICK] The Ranganathan** 1/6 Romesh Ranganathan returns with the topical comedy show, with The Last Leg star Alex Brooker and actor Anna Maxwell Martin joining him.
- 10.45 **[PICK] FILM: Queen & Slim** (15/2019) Premiere. Crime drama starring Daniel Kaluuya and Chloe Sevigny.
- 12.50 **Black Hollywood: 'They've Gotta Have Us' (R)**
- 1.50 **Sign Zone: Question Time**  
Topical debate. (R)
- 2.50 **Mental Health: Young Lives In Crisis (R)**

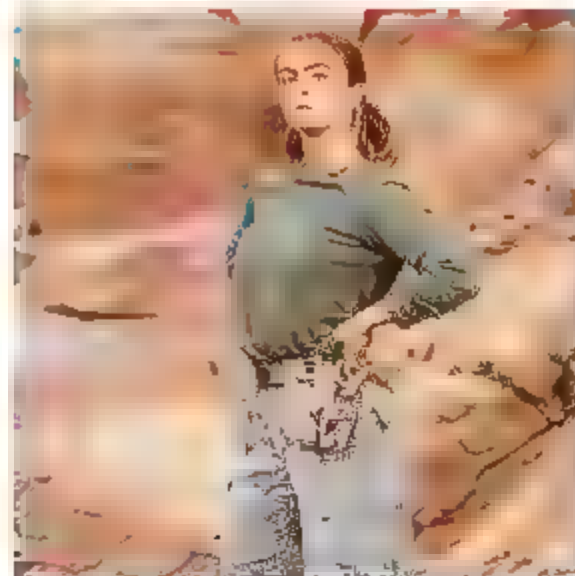
## ITV



**Celebrity Lingo, 6.30pm** Charlotte Church and Carys Eleri take part

- 6.00 **You've Been Framed! (R)**
- 6.25 **Tipping Point (R)**
- 7.30 **The Chase (R)**
- 8.25 **Love Your Garden (R)**
- 9.25 **ITV News**
- 9.30 **Love Your Weekend With Alan Titchmarsh**  
With Maureen Lipman and Charlie Stemp.
- 11.25 **The Masked Dancer (R)**
- 12.55 **ITV News; Weather**
- 1.00 **[PICK] ITV Racing Live: Prix De L'Arc De Triomphe**  
Ed Chamberlin presents coverage of the Prix de L'Arc de Triomphe from ParisLongchamp.
- 3.30 **Gino's Italy: Like Mamma Used To Make (R)**
- 4.00 **Ninja Warrior UK: Race For Glory (R)**
- 5.00 **Love Your Garden (R)**
- 6.00 **ITV News; Weather**
- 6.20 **Local News; Weather**
- 6.30 **Celebrity Lingo With** Charlotte Church, Carys Eleri and Clare Balding.
- 7.30 **Gino's Italy: Like Mamma Used To Make 4/6**  
Chef Gino D'Acampo heads to Emilia Romagna, where he gets behind the wheel of a Ferrari in its birthplace.
- 8.00 **Karen Pirie 2/3** The suspects come under attack and Karen's case becomes a live investigation, but she has to find out if it is someone out for revenge or the killer trying to silence the truth.
- 10.00 **ITV News; Weather**
- 10.20 **Sorry, I Didn't Know** 1/5 Panel show hosted by Jimmy Akingbola.
- 10.50 **Everyone Can Rap** Three ordinary people learn how to express themselves through rap, guided by rapper Youngs Teflon. Part of the Fresh Cuts strand featuring new directors for Black History Month.
- 11.55 **Gallagher Premiership Rugby Union Highlights**  
Including Sale Sharks v Exeter Chiefs and Saracens v Leicester Tigers.
- 12.45 **Shop: Ideal World**
- 3.00 **Motorsport UK (R)**
- 3.50 **Unwind With ITV**
- 5.05 **Dickinson's Real Deal (R)**

## CHANNEL 4



**Celebrity SAS: Who Dares Wins, 9pm** Maisie Smith in action

- 6.05 **The King Of Queens (R)**
- 7.15 **Everybody Loves Raymond (R)**
- 8.30 **The Simpsons (R)**
- 9.30 **Sunday Brunch**  
With guests Rylan, Motsi Mabuse, John Kearns, Isla Fisher and Black Francis
- 12.30 **The Simpsons (R)**
- 1.05 **The Simpsons (R)**
- 1.40 **FILM: Puss In Boots** (U/2011) Animated comedy spin-off with the voice of Antonio Banderas.
- 3.25 **The Great British Bake Off**  
Bread week. (R)
- 4.45 **W Series Motor Racing Highlights** Action from the sixth round of the campaign.
- 5.15 **Channel 4 News**
- 5.45 **The Andrew Neil Show**  
Andrew scrutinises Conservative plans to tackle the cost of living crisis.
- 6.30 **[PICK] Formula 1 Singapore Grand Prix Highlights**  
Steve Jones presents action from the 17th round of the season at Marina Bay Street Circuit. Mark Webber and Billy Monger provide analysis.
- 9.00 **Celebrity SAS: Who Dares Wins** Chief instructor Rudy Reyes puts Ashley Cain and Maisie Smith to the test, challenging them to get all their equipment across a body of water by zipline without it getting wet.
- 10.00 **Gogglebox** The critics share their opinions on what they have been watching during the week with cameras capturing their reactions. (R)
- 11.00 **Second Hand For 50** Grand Reece heads to LA to see a high-spending customer with a big handbag habit and a large Instagram following. He is also tasked with finding a modern Chanel backpack for an actress.
- 12.00 **FILM: The Incredible Hulk** (12/2008) Comic-book adventure starring Edward Norton and Liv Tyler.
- 1.55 **FILM: First Love** (15/2019) Crime drama starring Sakurako Konishi.
- 3.45 **Hollyoaks Omnibus (R)**

## CHANNEL 5



**Billionaire Resorts: On Holiday With The Super Rich, 7pm** Paris

- 6.00 **Milkshake!** Children's shows including 8.05 Baby Shark's Big Show! (R) 8.20 Pirata & Capitano 8.35 Santiago Of The Seas (R) 8.50 The Adventures Of Paddington (R) 9.00 Milo (R) 9.15 Mimi's World 9.25 The World According To Grandpa (R) 9.40 Meet The Experts (R) 9.50 Show Me How...
- 10.00 **The Smurfs (R)**
- 10.15 **SpongeBob SquarePants**  
Mr Krabs and Plankton decide to team up.
- 10.25 **Entertainment News On 5**  
Showbiz news and gossip.
- 10.30 **NFL End Zone**
- 11.00 **Friends** Four episodes. (R)
- 1.00 **FILM: The Mask Of Zorro** (PG/1998) Swashbuckling adventure starring Anthony Hopkins, Antonio Banderas and Catherine Zeta-Jones
- 3.40 **FILM: Richie Rich** (PG/1994) Family comedy starring Macaulay Culkin.
- 5.40 **News**
- 5.45 **Jane McDonald: Cruising Iceland** Highlights of the singer's trip aboard the Ocean Diamond. (R)
- 7.00 **Billionaire Resorts: On Holiday With The Super Rich 5/6** Life at the Peninsula Paris hotel in the French capital.
- 8.00 **TK Maxx: How To Bag A Bargain** Behind the scenes of the department store. (R)
- 9.00 **1978: Winter Of Discontent**  
The story of the period of industrial action.
- 10.30 **Britain's Favourite Hits: 1978 9/10** A look at the musical highs of the year. (R)
- 11.50 **70s Greatest Electro Pop Hits** A look back at some of the best synth pop artists and tracks of the 1970s. (R)
- 12.50 **Entertainment News On 5**
- 1.00 **The LeoVegas Live Casino Show** Interactive gambling.
- 3.00 **The Hotel Inspector (R)**
- 3.50 **Atlantic: A Year In The Wild**  
Winter draws to a close. (R)
- 5.30 **Peppa Pig (R)**
- 5.35 **Paw Patrol (R)**
- 5.45 **Thomas & Friends: Big World! Big Adventures! (R)**



# GET PUZZLING!

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TO BE WON

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## WORDSEARCH

All but one of the archaic verbs listed below are hidden in the grid. Find the missing word and you could win £100! Words can be horizontal, vertical or diagonal, backwards or forwards. Answer next week. Last week's missing word: ICE ICE BABY.

Z E F O T W D M S Q A T C M J E  
K V T H G I R F F A S O I G O E  
W I C N W E J A G A L J B V S D  
H R V D P D H G H L X C E I K I  
T H S O A L L E O T L R A D S S  
O S T E K O C G A E B R P B Q P  
D N Q C U H U B P R P F G E L O  
K N A T Y E H E I S K G V S N R  
Z R A B S B T M I N E E W E D T  
W X T H K G O D L P A H N E E J  
H B Z N N O U F F A U Q K C L K  
A A I K I U Q E T I M S N H A N  
C X R E H O W Q Q H W V K L T I  
I O Q K T I R I N D I T E S E W  
F E V A E R S A H X H E P T T S  
Y O Q N M E T N O C Y M T Z U E

AFFRIGHT  
AROUND  
BEHOLD  
BESECH  
CLEPE  
COLLOQUE  
CONTEMN  
DELATE  
DISPORT  
DISPRAISE  
DOTH  
FORFEND  
GLOUT  
HARK  
HAST  
HEARKEN  
HIE  
INDITE  
METHINKS  
OVERBRIM  
QUAFF  
QUOTH  
REAVE  
SHRIVE  
SMITE  
SWINK  
TOPE  
UNHAND  
WEEN  
WRACK

**TO ENTER:** Once you have found the missing word, text SEARCH followed by a space then your answer, name and postcode to 65700. Texts cost £1 plus your standard network charge. Or call 0905 652 2157 and leave your answer and details. Calls cost £1 plus your telephone company's network access charge. Entries will be accepted until 11.59pm on Friday. See today's solutions panel for terms and conditions. This week's solution will be published next week and the winner's name on Sunday, October 23.

September 11 winner: David Steed, of Redruth, Cornwall.

## SUPER SUDOKU NO 1004

Test your mental agility with our Super Sudoku and you could win a £100 cash prize! Each row, column and 4x3 box must contain all the numbers from 1 to 12. Call 0905 652 2210 for extra tips. Calls cost £1 plus your telephone company's network access charge.

3	10	2	5	4					1
6				1				9	11
4	9	11		8	7		12	3	10
		1	6	9	10		11	12	8
				12	6				3
	8	2					9	10	
10	6	4	3	2	1		8	5	
9	2	8	11		4		5	6	12
			12	6	9	11			
1	11		9		10		3		
2			7	11	5			8	10
8	12			7	3		11	2	

The winner of Sudoku No 1001 is Mrs M Doney, of Teignmouth, Devon.

**TO ENTER:** Text SUPER followed by a space, your 3 shaded squares, reading left to right, name and postcode to 65700. Texts cost £1 plus your standard network charge. Or call 0901 292 5050 and leave your answer and details. Calls cost £1 plus your telephone company's network access charge. Entries will be accepted until 11.59pm on Friday. See today's solutions panel for terms and conditions. This week's solution will be published next week and the winner's name on Sunday, October 23.

## CODE CRACKER

	17		13		21		2		19		20	
26	23	19	9	18	23		21	6	9	8	12	26
	10		25		25		23		18		26	
3	22	6	24		10	23	14	6	2	12	25	7
	4				4		24		24		22	
4	12	22	6	20	23	5		7	6	22	19	12
			23		18		20		12			
24	23	21	22	8		21	22	26	25	23	16	15
	6		2		13		6			6		
17	9	6	24	14	23	2	23		24	1	22	24
	4		9		14		11		22		24	
2	9	4	18	22	25		14	21	15	12	12	21
	18		4		12		12		12		6	

## WIN £100

**Crack our code for your chance to win £100 cash! Just work out which number goes with which letter to complete the grid below this puzzle. The answer could be a name, such as Danube, or a phrase, eg at once.**

**TO ENTER:** Once you've found the word in the extra box, text CRACKER followed by a space, your answer, name and postcode to 65700. Texts cost £1 plus your standard network charge. Or call 0901 292 5051 and leave your answer and details. Calls cost £1 plus your telephone company's network access charge. Entries will be accepted until 11.59pm on Friday. See today's solutions panel for terms and conditions. This week's solution will be published next week and the winner's name on Sunday, October 23.

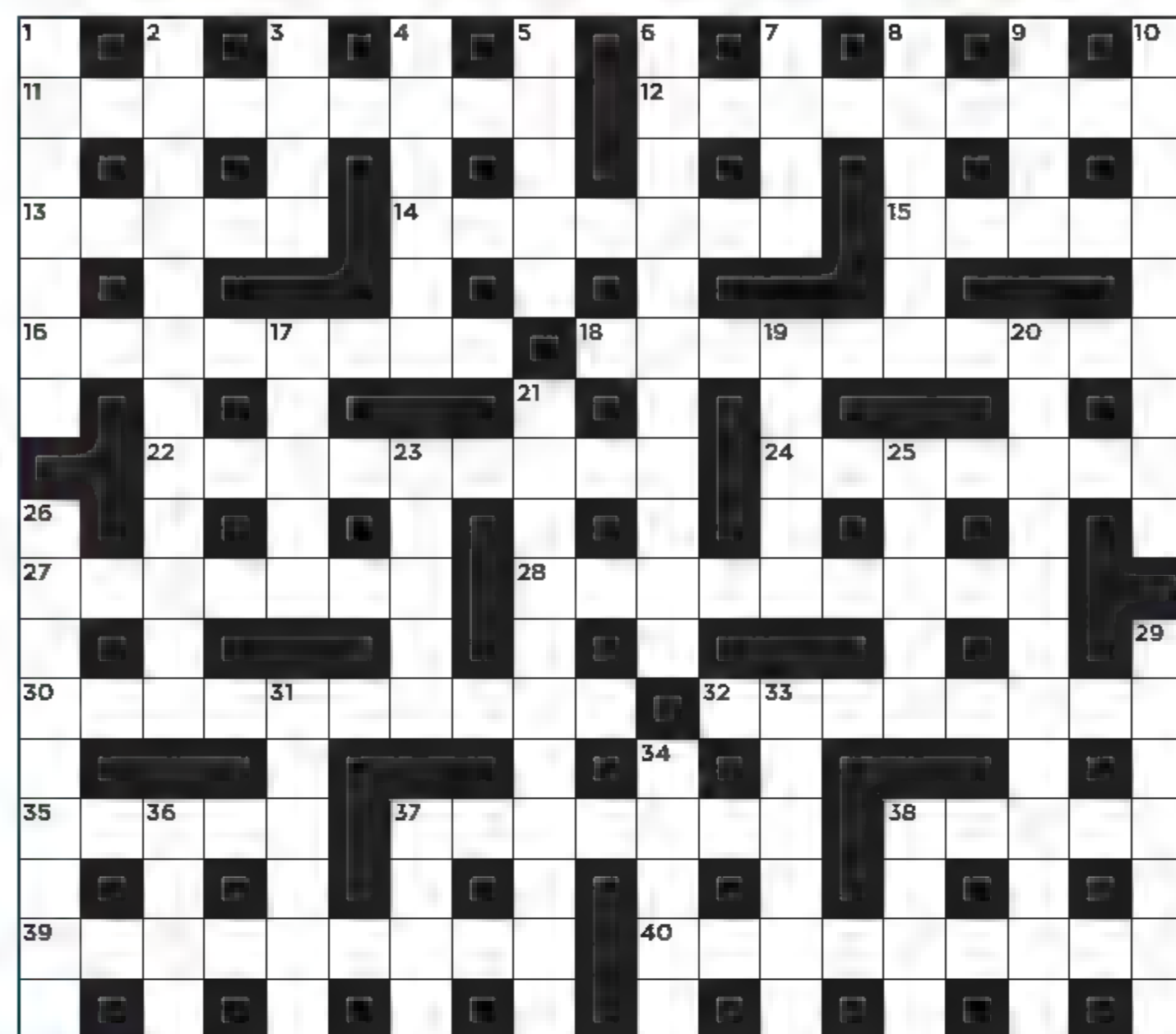
This week's prize word: 2 14 6 7 12 9 24  
September 11 winner: To be confirmed

**NEED HELP GETTING STARTED?** You can get up to three extra clues by calling 0901 292 5070. Calls cost £1 plus your telephone company's network access charge. Or text EXTRA to 65700. Texts cost £1 plus your standard network rate. Phone/text services Helpline: 0330 1000 601.

## THE PRIZE CROSSWORD

## WIN £1,500

There's an amazing £1,500 prize for the first correct solution drawn at random in our general knowledge Prize Crossword. Entries must arrive by Friday, October 7 (photocopies not accepted). Today's solution will appear next week and the winner's name on Sunday, October 23. SEE BELOW THE GRID for details on how to enter.



ISPY = NAME .....  
ADDRESS .....  
POSTCODE ..... TELEPHONE .....

### Across

- 11 Athletics field event in which competitors attempt to clear a high bar (4,5)
- 12 A contest between two or more teams in which each participant covers a specified portion of the distance (5,4)
- 13 Mammal of South and Central America and Southeast Asia with an elongated snout (5)
- 14 Michael , English physicist and chemist after whom the derived SI unit of electric capacitance is named (7)
- 15 Mammal of Africa and South Asia, also called the honey badger (5)
- 16 Brass instrument, the tube of which is varied in length by means of a U-shaped slide (8)
- 18 Quantitative data on any subject (10)
- 22 In Greek mythology, a king of Mycenae who led the Greeks at the siege of Troy (9)
- 24 A framework in the form of a horizontal member supported at each end by a pair of splayed legs (7)
- 27 Imaginary creature, usually depicted as a white horse with one long spiralled horn growing from its forehead (7)
- 28 Barrier in the Black Canyon of the Colorado River, on the border between the states of Nevada and Arizona (6,3)

- 30 The exposure, processing and recording of archaeological remains (10)
- 32 A powerfully built variety of retriever with a short, dense, usually black or golden coat (8)
- 35 Ring-shaped bread roll, characteristic of Jewish baking (5)
- 37 The art of looping and intertwining thread with a hooked needle (7)
- 38 The bread or cakes produced at one baking (5)
- 39 An impromptu collection of money (4-5)
- 40 The way a person behaves towards others (9)

### Down

- 1 A pale green to purple mineral, found in igneous rocks and metamorphosed limestones (7)
- 2 A person with an uncontrollable desire to steal things (12)
- 3 In cricket, a series of six balls bowled by a bowler (4)
- 4 Northern seabird with a black and white plumage and a brightly coloured bill (6)
- 5 Large wading bird with very long legs and a long, pointed bill (5)
- 6 A cooperative association whose members can obtain low-interest loans out of their combined savings (6,5)
- 7 China , another name for kaolin (4)
- 8 Island in the Eastern Mediterranean Sea (6)
- 9 A buoyant platform of logs or planks (4)
- 10 Arthur , 1st Duke of Wellington, Anglo-Irish soldier and statesman (9)
- 17 In communications, a code word for the letter 'B' (5)
- 19 A tenth part of something, paid as a contribution to the church or compulsory tax (5)
- 20 The act of making someone frightened or scared (12)
- 21 Primates of the suborder containing apes and humans (11)
- 23 Max , German artist; a pioneer of the Dada movement and Surrealism (5)
- 25 A person who is one's senior (5)
- 26 The main championship game in American football, held annually in January (5,4)
- 29 The art or sport of shooting with bows and arrows (7)
- 31 Eamon de Valera, Irish politician, three-times Taoiseach of Ireland and third President of Ireland (6)
- 33 A respiratory disorder characterised by a difficulty in breathing (6)
- 34 Relative darkness produced by the blocking out of light (5)
- 36 The Greek goddess of the Earth, who bore Uranus (4)
- 37 Informal word for a close friend (4)
- 38 Boastful talk or behaviour (4)

## NOW THERE ARE THREE WAYS TO ENTER

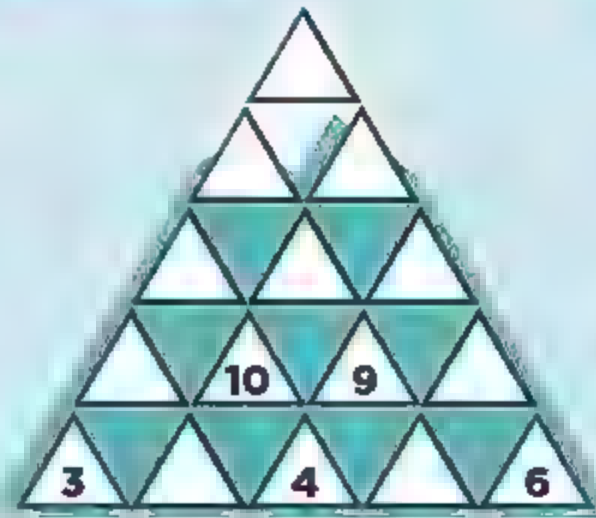
Complete the Prize Crossword and count how many times the letter 'I' appears in the finished grid. Then text ISPY followed by your answer, name and postcode to 65700. Texts cost £1 plus your standard network charge. Or call 0905 652 2172 and leave your answer and details. Calls cost £1 plus your telephone company's network access charge. Entries will be accepted until 11.59pm on Friday. Or post your completed grid AND ISPY answer to The Prize Crossword No 2081, The Mail on Sunday, PO Box 3451, Norwich NR7 7NR. Entries must arrive by Friday, October 7 (photocopies not accepted). The winner will be selected at random from correct ISPY answers. See today's solutions panel for terms and conditions.

Winner of Prize Crossword No 2078: Mrs S Killick, of Beckenham, Kent.  
Last week's answer: 11



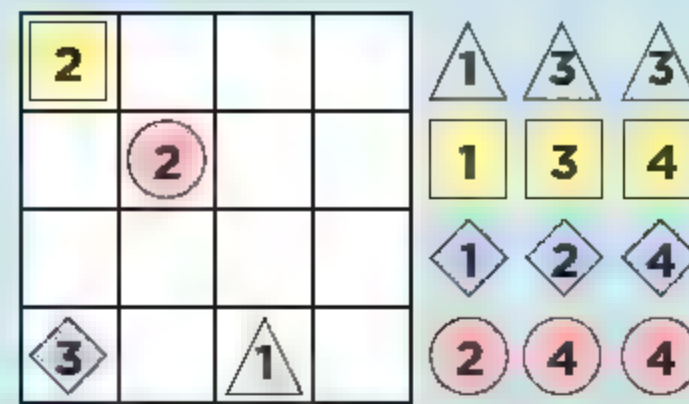
## SUMMIT UP

If the number in each triangle is the sum of the two below, what is the top number? Answer next week.



## KEIJO

Place the tiles into the grid so that four different numbers and four different shapes appear in each row and column. Answer next week.



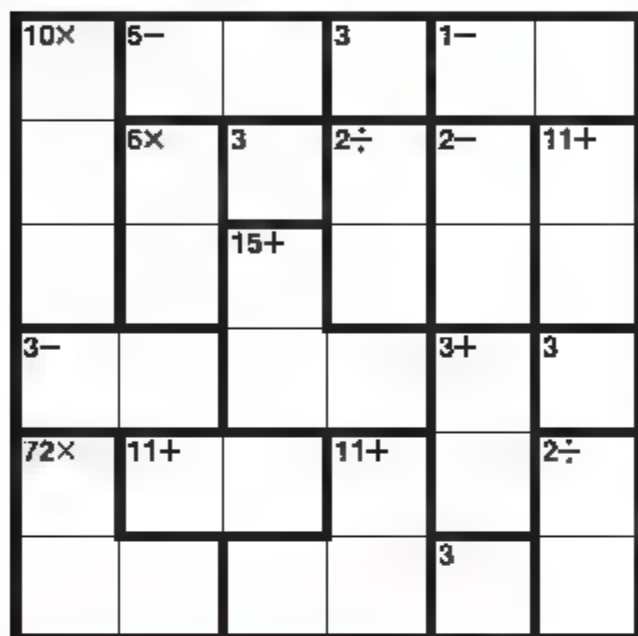
## WORD BUILDER

Answer each clue so that every word contains the same letters as the previous word, plus or minus one. Answer next week.

- |   |                      |                      |                      |   |                    |
|---|----------------------|----------------------|----------------------|---|--------------------|
| 1 | <input type="text"/> | <input type="text"/> | <input type="text"/> | 1 | Roman sun god      |
| 2 | <input type="text"/> | <input type="text"/> | <input type="text"/> | 2 | Too                |
| 3 | <input type="text"/> | <input type="text"/> | <input type="text"/> | 3 | Broadside          |
| 4 | <input type="text"/> | <input type="text"/> | <input type="text"/> | 4 | String instruments |
| 5 | <input type="text"/> | <input type="text"/> | <input type="text"/> | 5 | Small bottles      |
| 6 | <input type="text"/> | <input type="text"/> | <input type="text"/> | 6 | Travel by boat     |
| 7 | <input type="text"/> | <input type="text"/> | <input type="text"/> | 7 | Become ill         |

## KEN KEN

Fill the squares with numbers 1-6 so that each number appears once in each row and column. The number must also produce the result in the top left of each area - multiply, add up, subtract or divide. Numbers may be repeated within an area. Answer next week.



## QUICK SUDOKU

Complete grids with numbers 1 to 9 so each row, column and 3x3 block contains the numbers 1 to 9 used only once.

**TO WIN:** Send your answer (3 shaded squares read top to bottom), name and postcode to 65700. Texts cost £1 plus your standard network charge. Or call 0901 292 5088 and leave your answer and details. Calls cost £1 plus your telephone company's network access charge. Entries will be accepted until 11.59pm on Friday. See today's solutions panel for terms and conditions. Phone/text services Helpline: 0330 1000 601. September 11 winner T Jordan, of London. This week's solution will be published next week and the winner's name on Sunday, October 23.



## PUB QUIZ

Answers on today's solutions panel.

### MOVIES:

Which 1993 film stars Demi Moore and Woody Harrelson as a married couple who are facing bankruptcy?

### THEATRE:

Tamino and the Queen of the Night are characters in which opera by Mozart?

### TV & RADIO:

Martin Shaw played the title role in which BBC detective series, based on novels by Alan Hunter?

### SPORT:

In 1996, which US sprinter became the only man to date to win gold in the 200m and 400m events at the same Olympics?

### SCIENCE:

Which toxic metalloid element, with yellow, grey and black allotropes, has the symbol As?

### FOOD & DRINK:

What is the four-letter name for a stew of lamb, leeks, potatoes, and carrots, considered a national dish of Wales?

### ART:

What is the surname of brothers Jake and Dinos, who were nominated for the 2003 Turner Prize for their piece Insult To Injury?

### GEOGRAPHY:

San Juan is the capital of which Caribbean island and US territory?

### WORDS:

What is the meaning of the word abstruse? a) Expensive, b) Snobbish, c) Confusing.

### BRITAIN:

In 2019, who succeeded Carol Ann Duffy as Poet Laureate of the UK?

### THIS YEAR:

In September, which actor announced that his fifth wife, Riko Shibata, had given birth to their daughter?

### POT LUCK:

What type of gemstone is the Flame Queen, a 263-carat gem discovered in 1914 in Lightning Ridge, Australia?

## DINGBATS

Find the familiar phrase, name or saying in the letters or symbols. Readers are invited to send in Dingbats to The Mail on Sunday, PO Box 3451, Norwich NR7 7NR. There is a £10 book token for each one published. Check out the website at dingbats.net. Answers on today's solutions panel.

Billy Goat Whiskey

RECLINE  
SSSSSS

1. From Ian Broadhead, Wakefield, W Yorks

2. From S. Graham, Knighton, Powys

GAT E

3. From Mrs Jackie E. Hudson, Sheffield,

Rump Sirloin Fillet

4. From Linda Smith, Gainsborough, Lincs

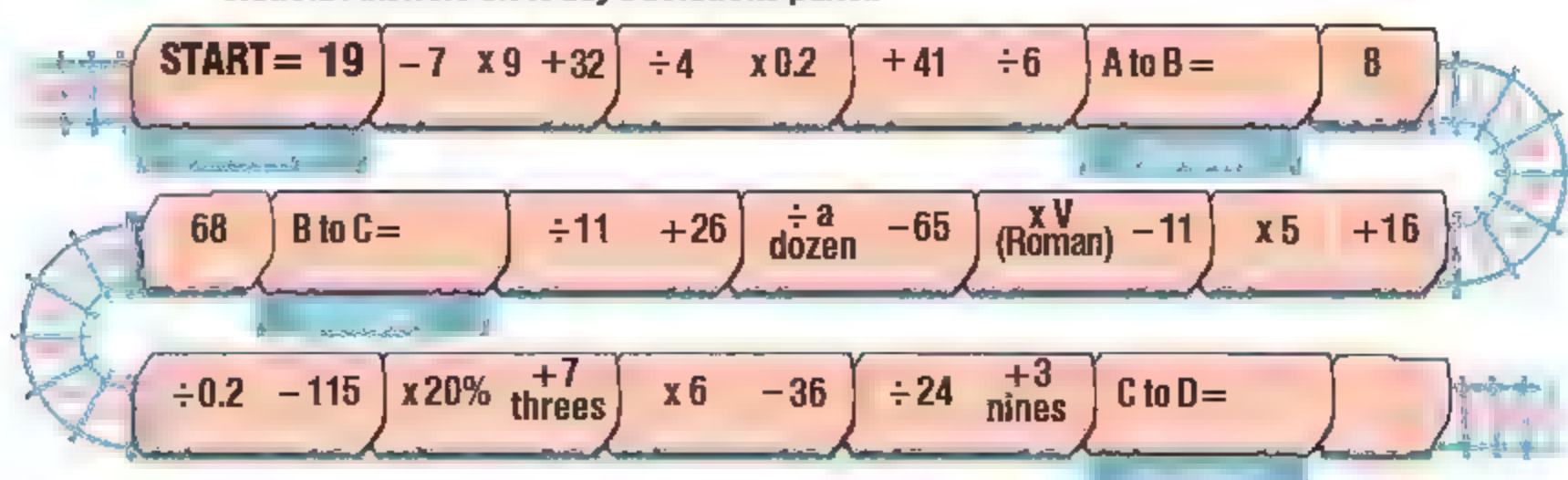
## DITLOIDS

Can you work out what the initials stand for below? For example, 7 D of the W = 7 days of the week. Answers on today's solutions panel.

- |                   |                            |
|-------------------|----------------------------|
| 1 The 39 S by JB  | 4 31 D in O                |
| 2 1,760 Y in a M  | 5 147 is the M B in S      |
| 3 W 9 To 5, by DP | 6 650 M of P in the H of C |

## BRAIN TRAIN

Run along our mental arithmetic train track to see how far you can get - and how long you take to get there! There are four station stops, A, B, C and D. You can start at A, B, or C and stop at B, C or D. From your chosen starting point, drive through the instructions to your destination. Write your answer at each stop, then start again with the first number after the station. Answers on today's solutions panel.

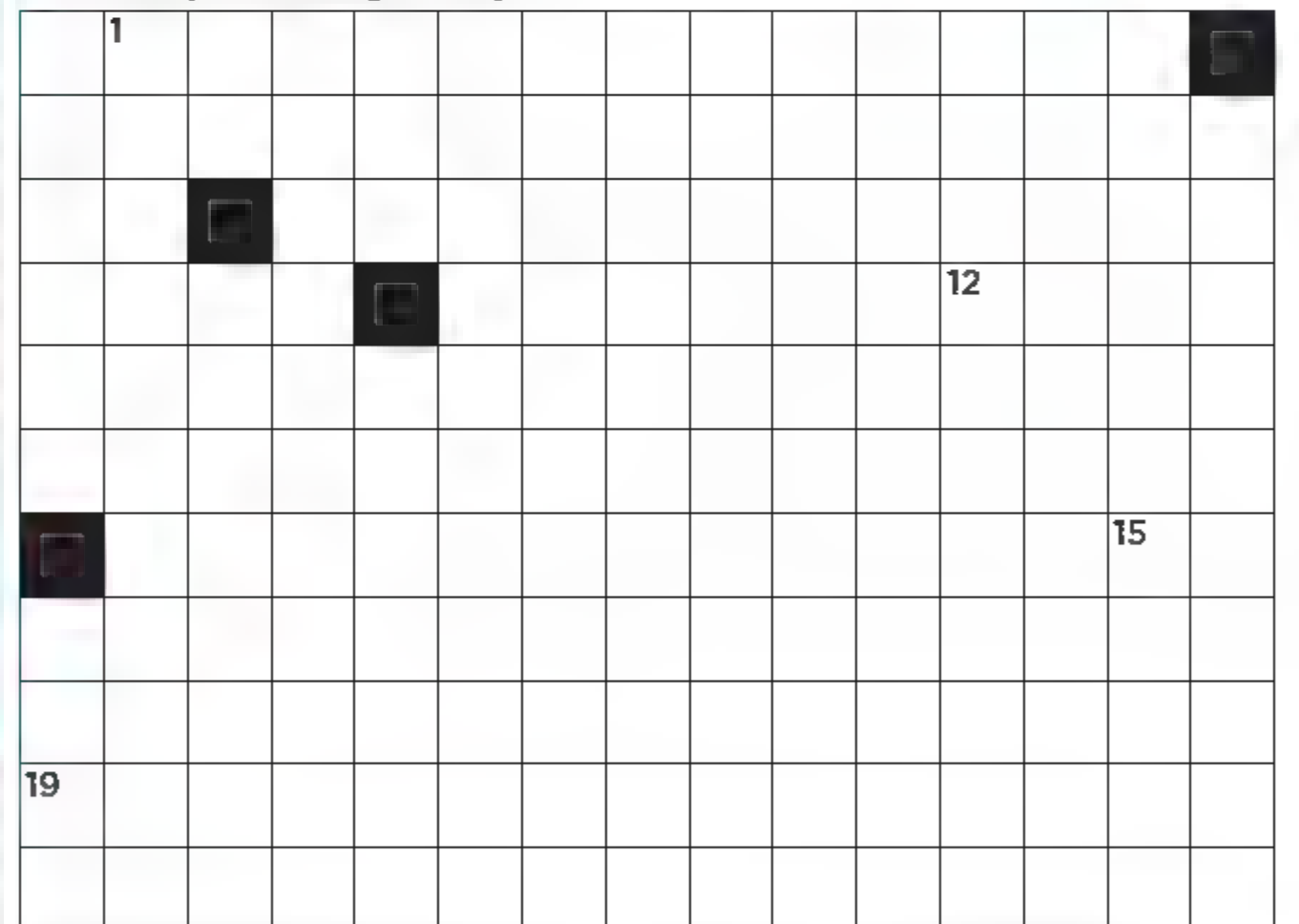


**RATINGS:** Good - from A to B in 30 seconds. Very good - B to C in 30 seconds or A to C in 50 seconds. Excellent - C to D in 30 seconds, B to D in 50 seconds or A to D in 75 seconds. Outstanding - A to D in 60 seconds.

## BARE BONES

WIN A COLLINS ENGLISH DICTIONARY AND THESAURUS SET, AND A BRADFORD'S CROSSWORD SOLVER'S DICTIONARY

Our Bare Bones Crossword is unique because you have to complete the grid - numbers and squares - as well. We have inserted four black squares and four clue numbers to get you going. The crossword has a four-way symmetry: both top and bottom and left and right match, so you can fill in 12 more squares straight away.



There is a prize of a Collins English Dictionary and Thesaurus set, and a Bradford's Crossword Solver's Dictionary. Send your solution to: Bare Bones Puzzle No 1068, The Mail on Sunday, PO Box 3451, Norwich NR7 7NR. Entries must arrive by Friday, October 7 (photocopies not accepted). The winner's name will be published on October 23 from the first correct entry drawn.

Winner of Bare Bones No 1065: Bailey James Lewis, of Treorchy, Rhondda.

NAME .....

ADDRESS .....

POSTCODE ..... TELEPHONE .....

### Across

- 5 Son wished to change nationality
- 7 Fruit transported to Capri
- 10 Study with a faculty head
- 11 Feature includes old rope
- 12 That explains about loathing
- 13 Fatal tune started in travel centre (Two words)
- 16 Lied about a store of food

### Down

- 17 Clever, removing front side
- 18 Gambler is knowledgeable about uncertainty
- 19 Isolated ruins spread around city
- 20 Suggested Sid and Dave are involved
- 3 Perfectly well and appropriate, like bad weather (Three words)
- 4 Feature at one end of a river
- 6 Saint performing song for clinics
- 8 Depict red construction, as forecast
- 9 Our enclosure outside shows bravery
- 14 Intended to have miserly time
- 15 Enquire, and we return in a crooked way




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Following your saubrious getaway, you'll join Azura in Tenerife for an overnight in port gifting you another opportunity to explore the capital of the Canary Islands. You'll be on the doorstep of Santa Cruz, once a small fishing village it now boasts a variety of classy bars and restaurants, bustling squares, fine architecture and tranquil parks for you to explore.

You'll first sail to Portugal's modern and cosmopolitan Lisbon and Madeira, renowned for its many top-class restaurants and its warm, all-year-round climate before calling in Gran Canaria. From here, you could travel to a rugged, arid landscape like the Maspalomas Dunes, a desert that is still growing by the year or relax on one of its sunny, pristine beaches. You'll then cruise to Lanzarote, blessed with white sand and turquoise waters before disembarking in Tenerife.

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- Enjoy numerous fine dining options, from succulent steaks to stone-baked pizzas
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CRUISING



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10 NIGHTS | 25 NOVEMBER 2022 | PRICES FROM £1,999<sup>pp</sup>



Indulge in an ultra-luxurious all-inclusive cruise around the southern Mediterranean enhanced by five-star stays in the sunny cities of Barcelona and Lisbon.

Arriving in bustling Barcelona, you'll enjoy a two-night stay. Here, you'll have a fabulous opportunity to immerse yourself in this exuberant city which holds the title of one of the most visited cities in the world. Prepare to be wowed by the genius of Gaudi at La Sagrada Família, explore the epic waterfront and get lost among the city's quirky neighbourhoods.

The elegant Silver Dawn will then join you in Barcelona for a sumptuous sailing of the southern Mediterranean. The southern Mediterranean sparkles like a jewel out of season; on board you'll experience wonderful cities, glorious beaches and a thriving gastronomic culture.

Stroll through diverse old towns, marvel at awe-inspiring architecture and immerse yourself in local cultures, with calls to beautiful Palma de Mallorca and Gibraltar's sunny shores.

Disembarking in Portugal's sprawling capital, you'll end your holiday with an opulent two-night stay in the heart of Lisbon at the Artis Grand Hotel. Your landmark hotel boasts sumptuous views of the marvelous Tagus River, an award-winning spa and a chic rooftop bar offering peaceful botanical garden views. As you uncover this fabulously diverse city you'll discover gothic encaves, modern ruins, delicious cuisine and glamorous boulevards.

This amazing holiday includes:

### All-Inclusive Cruise

- 6 night all-inclusive luxury cruise on board Silver Dawn
- Complimentary premium shore excursions included at every port\*
- Pre-paid gratuities and complimentary Wi-Fi on board
- In-suite butler service and fully stocked fridge for all suites
- All-inclusive beverages including fine wines, beers and premium spirits

Visiting: Barcelona (overnight in port), Palma de Mallorca, Gibraltar, Lisbon

### FREE Luxury Hotel Stays

2 night five-star hotel stay at the Meliá Barcelona Sarrià or similar  
2 night five-star stay in Lisbon at the Artis Grand Hotel or similar  
All hotel stays include breakfast

### FREE flights & transfers

(London departure - regional flights available)

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SILVERSEA

\*Offer includes one excursion per guest, per port/day. Additional excursions available at an extra charge.

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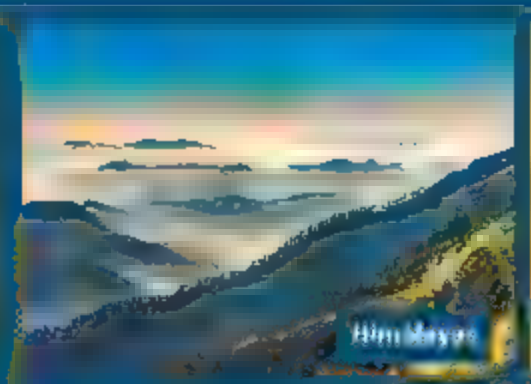
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## Tigers, The Himalayas & Golden Triangle Tour



Discover India's iconic Golden Triangle, delight in an iconic journey on the Shimla Express and luxuriate on board an all-inclusive Celebrity cruise.

Your holiday begins with an overnight stay in Singapore, where sacred temples sit in the shadows of sleek architecture and pristine streets lead to wild, lush rainforests. You'll then board the magnificent Celebrity Millennium® for your mystical cruise illuminating South Asia's many jewels. Highlights of your voyage include calls to the sun-drenched beaches of Penang, nature-filled Hambantota and idyllic Phuket.

Next, you'll return to Delhi for a two-night stay, beginning your Golden Triangle discovery starting with a tour of Old Delhi. You'll then have an overnight stay in Agra to experience the powerful Agra Fort and the resplendent Taj Mahal, before journeying to Ranthambore National Park for a two-night stay to enjoy a series of safaris in pursuit of Bengal tigers.

You'll next visit Jaipur, for a two-night stay, enhanced by a guided city tour and an excursion to Amber Fort. You'll return to Delhi for an overnight stay and refresh a further opportunity to discover one of the most historic capitals in the world. The following day, you'll join the Shatabdi Express as it journeys to Kolkata. On arrival in Kolkata, you'll connect to the iconic Shimla Express where your captivating Shimla adventure will ensue.

This amazing holiday includes:

### Fully Escorted Tours

Tour of Jama Masjid Mosque, Red Fort and Rajghat  
Tour of the Taj Mahal and Agra Fort  
Game drives through Ranthambore National Park  
Tour of Amber Fort by Jeep, Hawa Mahal and the City Palace  
Trail walk through the Himalayas  
Shimla sightseeing city tour

### Rail Journeys

Shatabdi Express to and from Kolkata  
1 day rail journey from Kolkata to Shimla on board the Shimla toy train

### All-Inclusive Cruise

12 night all-inclusive cruise on board Celebrity Millennium®

FREE Classic Beverage Package, Tips and Surf Internet package

Visiting: Singapore, Penang, Phuket, Hambantota, Colombo, Kochi (overnight in port), Mumbai (overnight in port)

### Five-Star Hotel Stays

1 night hotel stay in Singapore  
4 night hotel stay in Delhi  
1 night hotel stay in Agra  
2 night hotel stay in Ranthambore National Park  
2 night hotel stay in Jaipur  
3 night hotel stay in Shimla  
All hotel stays include breakfast

### All flights & transfers

(London departure - regional flights available)

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## Mediterranean Voyage No-Fly Venice Simplon- Orient-Express & Italian Cities

16 NIGHTS | 30 OCTOBER 2023 | PRICES FROM £4,999pp



Embrace a relaxing no-fly cruise taking in the many delights of the Mediterranean, paired with hotel stays in Rome, Florence & Venice and an opulent Venice Simplon-Orient-Express journey.

Sailing from Southampton to Rome on board the graceful Island Princess®, is how your wonderful holiday begins. You'll delight in calls to some of the Mediterranean's most beautiful ports including La Coruña, rich in Galician heritage and history, Mallorca's chic Palma and Sicily's Palermo.

Your Mediterranean cruise competes in Civitavecchia, and you'll transfer to Rome for an overnight hotel stay. During your time here, immerse yourself in the city's ancient heart and explore the expanse of St Peter's Square before uncovering Florence's architecture spanning hundreds of years during a two-night hotel stay.

Discover the romance of Venice during a two-night hotel stay before boarding one of the most iconic train journeys in the world, the Venice Simplon-Orient-Express. Travel between a collection of magnificent cities on board the classic carriages, which will transport you back to the 1920s and the Golden Age of travel. Gliding into Paris, you'll then embark the Eurostar to London filled with wonderful memories to treasure.

This amazing holiday includes:

### Rail Journeys

2 day full-board luxury Venice Simplon-Orient-Express train journey from Venice to Paris:

- Dedicated steward service
- Three-course lunch, four-course dinner and continental breakfast
- Enjoy views of the snow-peaked Swiss Alps during your journey

Standard Premier Eurostar rail journey from Paris to London

### Cruise

10 night full-board cruise on board Island Princess®

Visiting: Southampton, La Coruña, Gibraltar, Cartagena, Palma de Mallorca, Palermo (Sicily), Saiermo, Civitavecchia (Rome), Florence, Venice

### FREE Hotel Stays

1 night four-star hotel stay in Rome at the Le Meridien Visconti  
2 night four-star stay at the Grand Hotel Baglioni, Florence  
2 night four-star hotel stay at the Splendid Venice  
All hotel stays include breakfast

### All transfers

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Graceland



Vicksburg



Memphis

## Music of the Deep South & All-Inclusive Magic of the Mississippi River Cruise

11 NIGHTS | 18 FEBRUARY 2023 | PRICES FROM £3,399pp



Live performance from jazz & soul singer  
Kandace Springs



LIVE PERFORMANCE FROM KANDACE SPRINGS

AMERICAN QUEEN  
VOYAGES

Immerse yourself in the Deep South during a quintessential American river boat cruise. Combined with unforgettable city breaks and a dazzling feast of music-themed experiences, including a performance by Kandace Springs.

Your Deep South discovery begins in Memphis, where you'll spend two nights. Arriving during the Carnival Season, admire the kaleidoscope of colours and feel the rhythm of the music through the streets. Enjoy an audio-guided tour of Elvis Presley's sensational Grace and.

Next, you'll embark American Queen for a journey along the famed Mississippi River. Highlights include the city of Vicksburg, Natchez, the oldest city on the Mississippi River, and Nottoway, an exclusive stop where you'll visit the largest standing antebellum mansion in the south. Your cruise ends in New Orleans, world-renowned for its mouth-watering Creole cuisine and annual festivals. Enjoy two nights exploring the city's wondrous attractions and relish a jazz dinner cruise accompanied by the illuminating melodies from the Dukes of Dixie and jazz trio.

This amazing holiday includes:

### All-Inclusive River Cruise

7 night all-inclusive river cruise on board American Queen  
Performance by jazz and soul singer Kandace Springs

Visiting: Memphis, Terrebonne, Natchez, St Francisville, Baton Rouge, Nottoway, New Orleans

### Hotel Stays

2 night four-star hotel stay at The Westin Memphis Beale Street

2 night four-star hotel stay at the Hilton New Orleans Riverside

### Tours

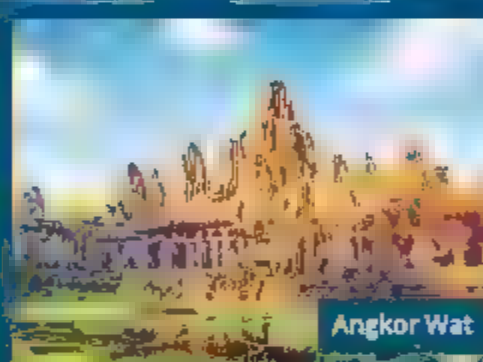
Audio guided tour of Grace and, the former home of Elvis Presley

Jazz dinner cruise

All flights & transfers  
(London departure)

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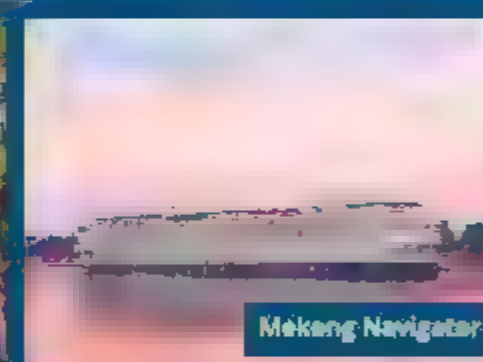


Angkor Wat

FULLY ESCORTED  
TOURS OF  
CAMBODIA &  
VIETNAM



Tay Ninh



Mekong Navigator



Anantara Mui Ne Resort & Spa

## Cambodia & Vietnam Discovery, All-Inclusive Mekong River Cruise & Beach Stay

14 NIGHTS | DEC 2022 - APR 2024 | PRICES FROM £2,999pp



Delve into southeast Asia's multi-faceted wonders, with a series of discovery tours, a mystical cruise along the Mekong River and a sumptuous beachfront haven stay.

Your adventure begins in Cambodia, with a two-night, five-star stay at Borei Angkor Resort & Spa and an enthralling Angkor Archaeological Park tour.

Next, you'll delight in an all-inclusive cruise along the Mekong River. Cruising downstream, you'll be transported to another world of ancient temples and pagodas, monasteries and busy port towns. On board you'll savour a tranquil journey cocooned in luxury; stepping off to enjoy an array of captivating experiences.

Disembarking in Mỹ Tho, you'll transfer to Ho Chi Minh City for a two-night hotel stay. While here you'll visit the Củ Chi Tunnels, a tunnel system which led to success in the Vietnam War.

Finally, you'll transfer to Phan Thiet for a phenomenal luxury beachfront stay at Anantara Mui Ne Resort & Spa, gifting you the chance to relax and recuperate ahead of your flight home.

This amazing holiday includes:

### Five-Star Hotel Stays\*

2 night hotel stay in Siem Reap at the Borei Angkor Resort & Spa  
2 night stay in Ho Chi Minh City at the Grand Hotel Saigon  
3 night hotel stay in Phan Thiet at the Anantara Mui Ne Resort  
All hotel stays include breakfast

### All-Inclusive Cruise

7 night all-inclusive river cruise on board Mekong Navigator

Visiting: Siem Reap, Angkor Ban, Phnom Penh, Long Khanh Island, Mỹ An Hưng A, Sa Đéc, Cá Bè, Mỹ Tho, Ho Chi Minh City

### Fully Escorted Tours

Angkor Wat  
Củ Chi Tunnels

All flights & transfers  
(London departure - regional flights available)

\*Passengers booking the 2 December 2022 departure date will stay at the Pandanus Resort Mui Ne.

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22 SEP 2023	£3,199pp	£3,499pp	£3,799pp	£4,199pp	£4,799pp
9 FEB 2024	£3,599pp	£3,999pp	£4,299pp	£4,599pp	£5,299pp
5 APR 2024	£3,699pp	£4,099pp	£4,399pp	£4,699pp	£5,499pp

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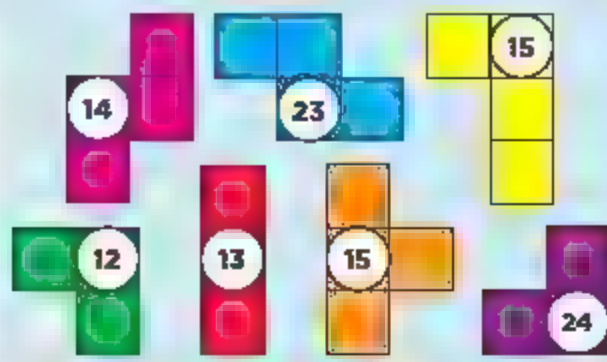
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## MENTAL BLOCKS

Fit the coloured blocks into the square without rotating or flipping them. The numbers covered by each block should add up to the totals in the circles. There should be no repeated numbers in a coloured block. Answer next week.

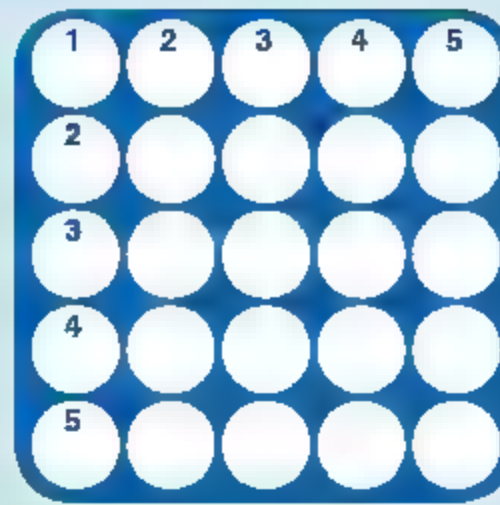
4	7	1	5	3
2	1	9	6	4
8	3	2	1	5
6	4	7	9	2
1	9	8	3	6



## WORD SQUARE

Try this mini-puzzle. Answers next week.

- ACROSS**  
 1 Shiny material  
 2 Belief system  
 3 Vertical part of a stair  
 4 State in NE India  
 5 Repasts  
**DOWN**  
 1 Run away, informally  
 2 Get up  
 3 — Jowell, late politician  
 4 Perfect  
 5 Usual standards



## BULL'S EYE

How many words of four or more letters can you make from the letters given? Letters may be used only once and the centre letter must be used in each word. At least one word uses all nine letters. No words with capital, hyphen or apostrophe, no verb forms ending in 's' and no plurals ending in 's'. Answers next week.



**HOW DID YOU DO?**  
 Score the number of words that you found –  
 17 Good 26 Very good 34 or more Excellent

## ARROWWORD

Complete the grid, then unscramble the letters in the yellow squares to reveal a Disney film. Answer next week.

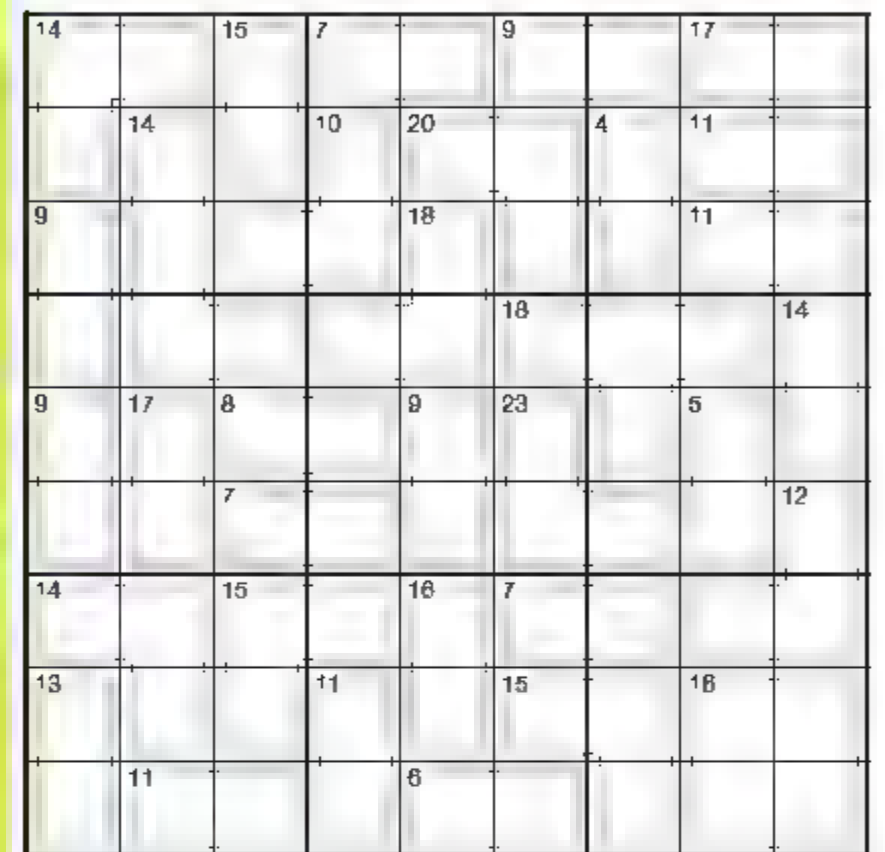
Go with		Mishaps		Section, level		Soft and light		Sphere		To the interior		Far animal		Sudden and striking		Conspire		Fixed look
Bedtime drink						Memorise				Big wave		Motions						Adriatic, say
Become aware of		Light touch		Pronoun				Auction item				Feed on grass						
						Pursue						Armed conflict		Vicinity				
Furious				Thorned plant		Prison room		Cut of meat	Feeble		Upper limb					Painful	Kim	Bird's home
						Go by bike					Motive							
Higher		Face part						Damage				Cooler						
						Weaving machine					Gives up work							
Single entities		Exchange for money						Writing tools				Perfume						

TO ENTER: Text ARROWWORD then your answer, name and postcode to 65700 (eg ARROWWORD London John Smith W8 5TT). Texts cost £1 plus standard network charge. Or call 0901 292 5090 and leave your answer and details. Calls cost £1 plus your telephone company's network access charge. Lines close at 11.59pm on Friday. See today's solutions panel for terms and conditions. September 11 winner: Roger Elliott, of Windsor, Berkshire. Phone/text services Helpline: 0330 1000 601.

## WIN £100

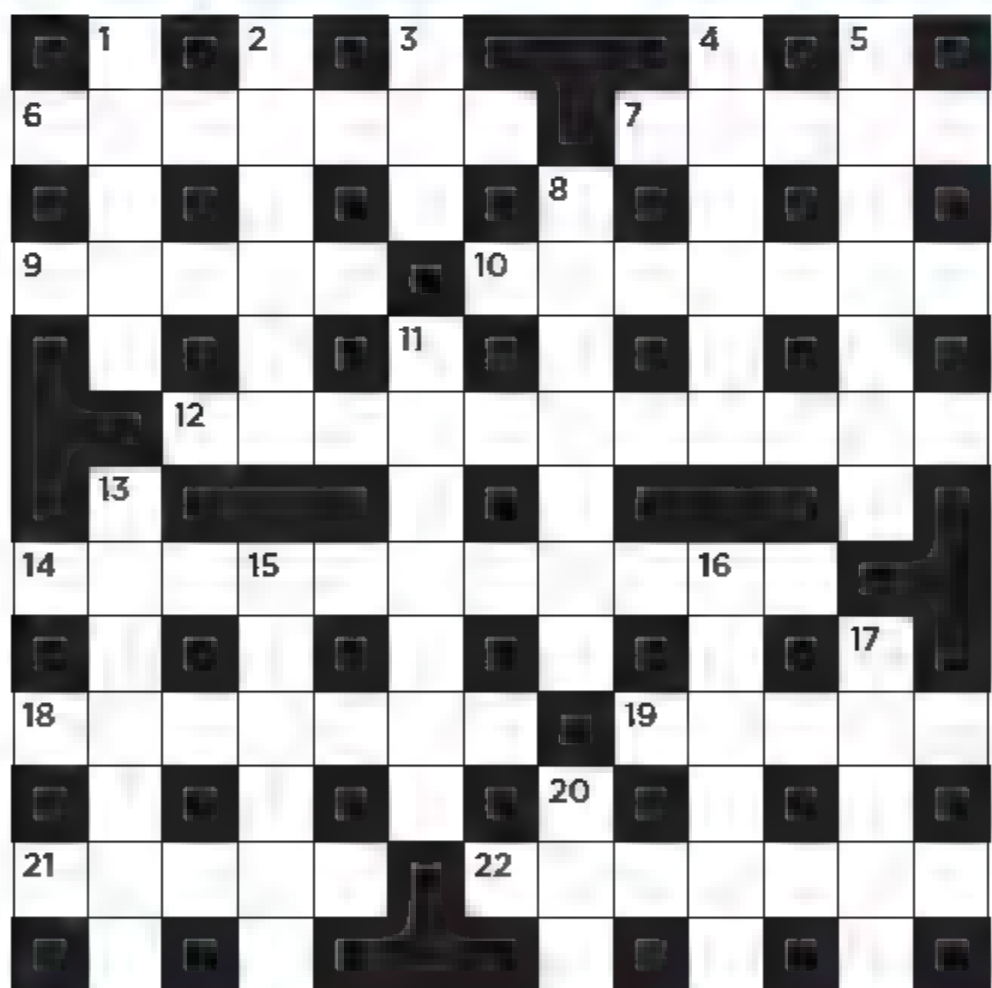
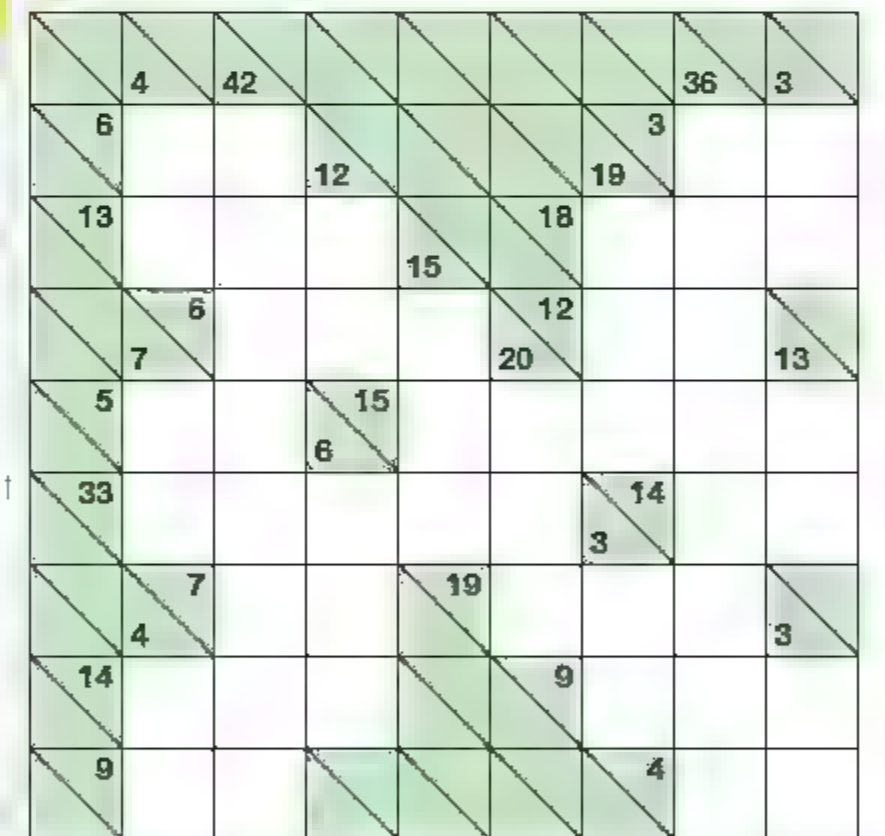
## KILLER

The normal rules of Sudoku apply. In addition, digits in each inner dotted shape must add up to the number in the top left corner. Answer next week.



## KAKURO

Fill each sequence of blank squares using the numbers 1-9. Each sequence – across and down – must total the number in the shaded box at the beginning or top of each line. A number may be repeated in each line but NOT in a sequence. Answer next week.



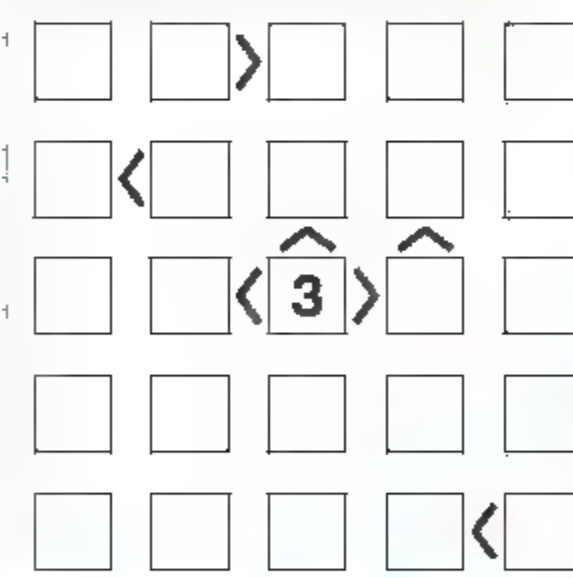
## QUICK CROSSWORD

Answers next week.

- ACROSS**  
 6 Gross income (7)  
 7 A company's directors (5)  
 9 Mark (5)  
 10 Odd (7)  
 12 See 3 Down  
 14 Large recreation area in central New York (7,4)  
 18 Variant of rummy (7)  
 19 Clever (5)  
 21 and 4 Down TV addict (5,6)  
 22 Outstanding (7)  
**DOWN**  
 1 and 17 Small misdemeanour (5,5)  
 2 Country (6)  
 3 and 12 Across Asleep (3,3,3,5)  
 4 See 21 Across  
 5 Mythical creatures (7)  
 8 Try (7)  
 11 Cunning (7)  
 13 Politician (7)  
 15 Dazed state (6)  
 16 Comment (6)  
 17 See 1  
 20 Young dog (3)

## FUTOSHIKI

Each line across and down is to be filled with the numbers 1, 2, 3, 4 and 5. The same number cannot occur more than once in any row or column. Your only clues are the numbers given and whether a number is larger (>) or smaller (<) than the adjacent number. Answer next week.



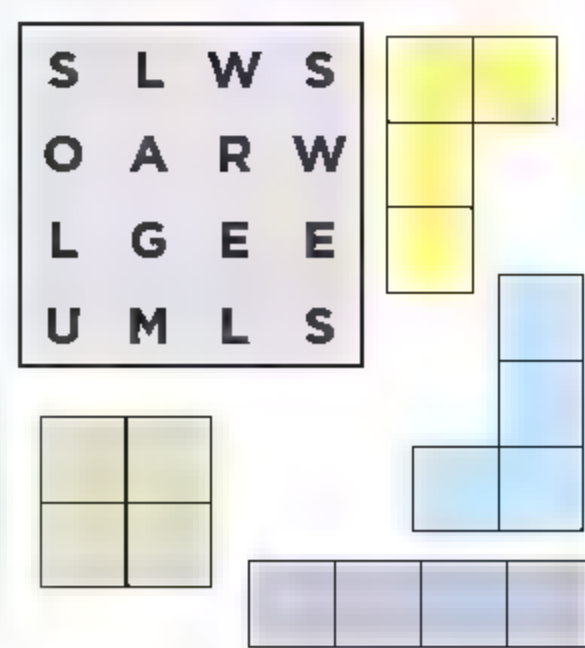
## EVENS

Insert any digit from 1 to 9 in the squares, so that the numbers in each row and column add up to the given totals. No digits may be repeated within a row or column, and even numbers must be placed in shaded squares. Answer next week.


28  
15  
12  
10  
27 11 14 13

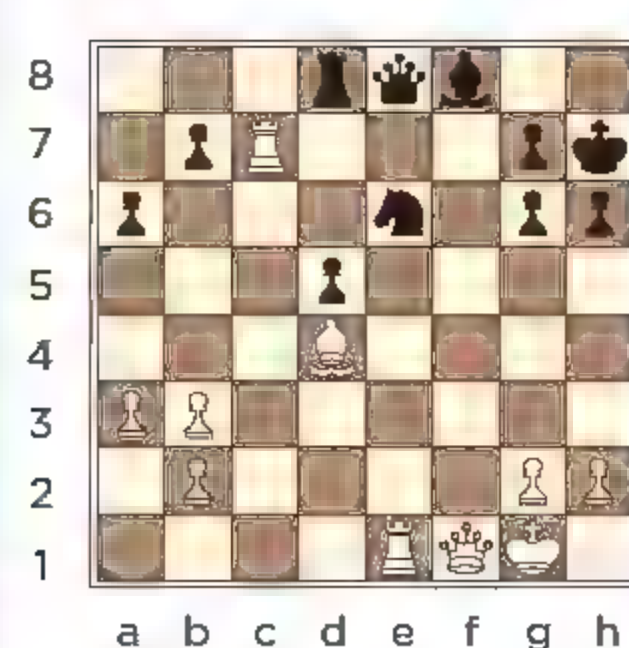
## TETROMINOES

Using the given shapes, create four four-letter anagrams by dividing the grid into sections. You may rotate the shapes, but may not flip them. Answers next week.



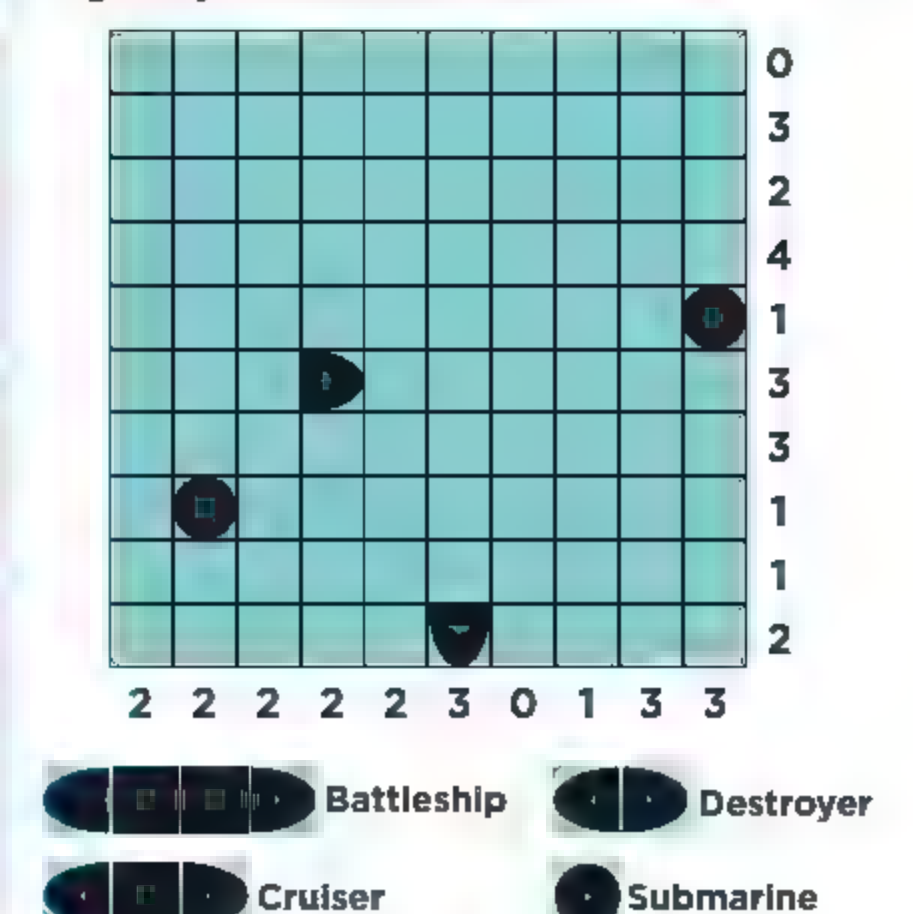
## CHESS

White is in a strong position and has a quick route to a win. Can you find it? Our answer on the solutions panel.



## BATTLESHIPS

Find one battleship, two cruisers, three destroyers and four submarines in the grid. The numbers to the right of and below the grid indicate how many of the squares in that row contain ships or parts of ships. The ships do not touch each other, even diagonally. Answers next week.









## PICK OF THE DAY

## Stanley Tucci: Searching For Italy

BBC2, 8.20pm

It's a tough job but someone's got to do it: yes, once more Hollywood star Stanley Tucci (far right, with vintner Matteo Bisol) takes on the onerous task of sampling the food and wine of the different regions of Italy.

He's in Venice for the first episode, discovering the sophisticated open sandwiches that pass for fast food in the lagoon city. He also discovers the secrets of the gondoliers and learns where they take their working lunches. There are mouth-watering visits to restaurants too, including one staffed entirely by refugees and another where a goulash unlike any other is on the menu.

Tucci may currently play a killer on Death Row in the BBC1 drama Inside Man, but he's civilised charm personified here as he effortlessly switches between English and Italian. ★★★★★



## RADIO

## Now You're Asking With Marian Keyes And Tara Flynn

Radio 4, 7.15pm

Here's some wonderful news – novelist Keyes (right) and her friend, writer and actress Flynn, are back for a new run of their light-hearted show in which they offer tongue-in-cheek advice to listeners.

**Drama On 3: Sizwe Bansi Is Dead** (Radio 3, 7.30pm) is a gritty play set at the height of apartheid in 1970s South Africa. It focuses on a man who needs a new passport photograph – for reasons which prove to be shocking.

**The Performance Of My Life** (Radio 4, 7.45pm) comes from Sir Henry Irving's dressing room as he prepares to appear on stage for the last time.

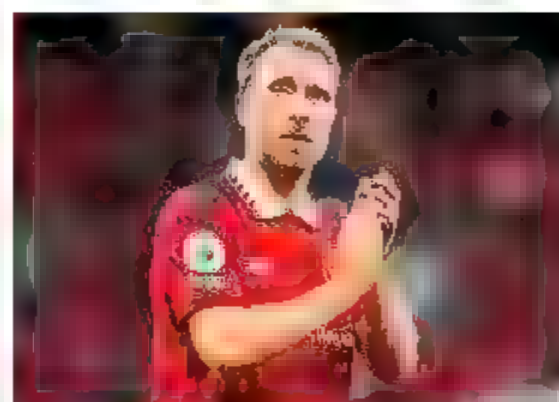


## SPORT

## London Marathon

BBC2, 8.30am &amp; BBC1, 9.25am

Runners of all ages and abilities will have butterflies in their stomachs this morning as they get set to take part in the epic race. While athletics fans have high hopes for Team GB pair Mo Farah and Charlotte Purdue, it's the amateurs – many running on behalf of a charity – who are to be admired for pushing themselves through the pain barrier. Highlights on BBC2 at 5.20pm.



## SPORT

## Live Super Sunday

Sky Sports Main Event, from 1pm

Expect sparks to fly as Christian Eriksen's (above) resurgent Manchester United try to topple high-flying neighbours City when they meet at the Etihad (kick-off 2pm). That's followed by a trip to Elland Road to see Leeds United host struggling Aston Villa (k.o. 4.30pm). **Live EFL** (SS ME, 11.30am) is the mid-table clash between Stoke and Watford at the bet365 Stadium (k.o. 12 midday).

## COMEDY

## The Ranganation

BBC2, 10pm

The Last Leg's Alex Brooker – a man who knows a thing or two about poking fun at the headlines – is the first celebrity to take part in a new run of Romesh Ranganathan's (below) topical series. No doubt the country's new monarch and prime minister will be scrutinised by the duo, the host's mother and the Ranganation itself, a group of 20 people representing a cross-section of British society. ★★★★★

## SPORT

## Live F1

Sky Sports F1, 12.55pm

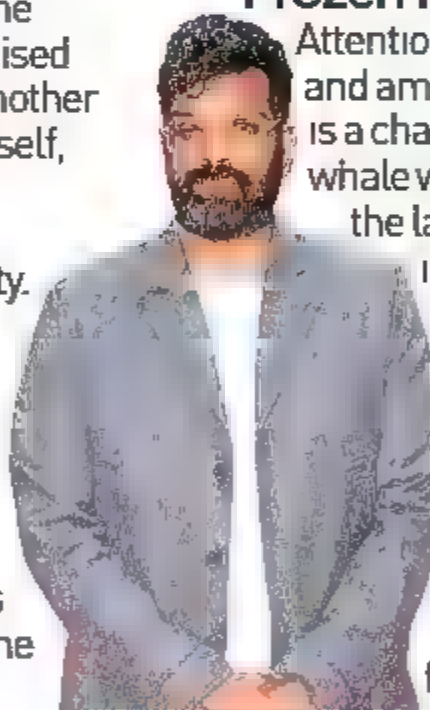
After a brief break, the championship gets under way again with the Singapore Grand Prix.

Sebastian Vettel triumphed at the Marina Bay Street Circuit last season, but current leader Max Verstappen will be confident he can improve on 2021's third place this time around. Highlights can be seen on Channel 4 at 6.30pm.

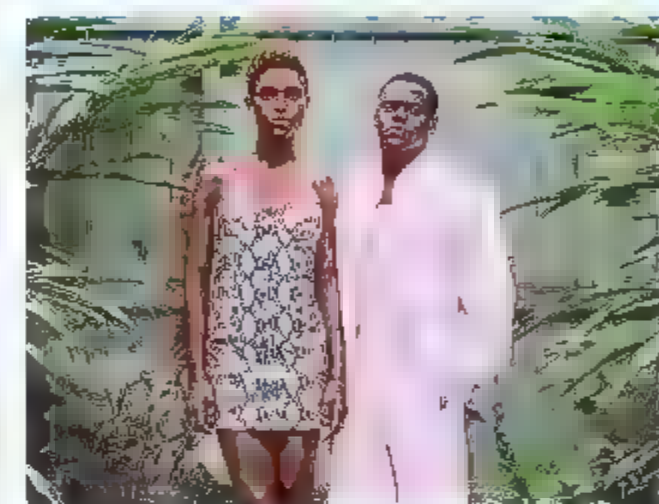
## NATURE

## Frozen Planet II BBC1, 8pm

Attention turns to Antarctica, and among the highlights is a chance to see a blue whale which, despite being the largest animal ever to inhabit the Earth, is a somewhat elusive species. Look out too for king penguins and leopard seals going head-to-head, as well as footage from an ice-free valley. ★★★★★



## FILM



## Queen &amp; Slim (2019) BBC2, 10.45pm

Melina Matsoukas' directorial debut is a searing crime drama which takes place during a first date from hell. Jodie Turner-Smith and Daniel Kaluuya (above) play a couple whose already dreadful evening takes a turn for the disastrous when they accidentally kill an overzealous cop, setting in motion a terrifying series of events. ★★★★★

## SPORT

## ITV Racing

## Live: Prix De L'Arc De Triomphe

ITV, 1pm

Action comes from ParisLongchamp, where top-class horses tackle the 1.5 mile course

## FREEVIEW AND SATELLITE CHANNELS

## FREEVIEW

## BBC3

Freeview 23 Freesat 179 Sky 117 (London 173 Scot 141) 7pm EastEnders 8.0 Bellator 286 Highlights 9.0 Fresh Cops New. 9.30 Fresh Cops New. Adam returns to his first love. 10.0 Night Delivery New. 11.0-12.10am Zen Motoring

## BBC4

Freeview 9 Freesat 107 Sky 116 Virgin 108 7pm **PICK** BBC Young Musician 2022: Strings Final Highlights New. 8.0 Lights Up 2: The Waiting Game New. 8.30 Lights Up 2: Then Or Now New. 9.10 Lost Home Movies Of Nazi Germany 10.10-12.10am Stephen: The Murder That Changed A Nation

## ITV2

Freeview 6 Freesat 113 Sky 118 Virgin 115 6.55pm FILM: Yes Man (12/2008) 9.0 Family Guy 11.30-12.25am American Dad!

## ITV3

Freeview 10 Freesat 115 Sky 119 Virgin 117 6pm Vera 8.0 Long Lost Family 9.0 The Savoy 10.0-12.0 FILM: The Booz Cruise III: The Scattering (12/2006) Comedy

## ITV4

Freeview 26 Freesat 117 Sky 120 Virgin 118 12.45-4.30pm **LIVE** British Open Snooker The opening frames of the final. 6.45 **LIVE** British Open Snooker The conclusion of the final from Milton Keynes. 10.0-12.05am FILM: Predator (18/1987) Sci-fi thriller

## E4

Freeview 13 Freesat 122 Sky 135 Virgin 106 6.45pm FILM: Independence Day: Resurgence (12/2016) 9.0 Married At First Sight UK: Unveiled New. 10.0 The Intenewers 11.05 Rick And Morty 11.35-12.05am Harley Quinn New.

## MORE4

Freeview 18 Freesat 124 Sky 136 Virgin 147 8pm 24 Hours In A&E 9.0 999: On The Front Line New. 10.0 24 Hours In A&E 11.05-12.10am Emergency Helicopter Medics

## SUSA

Freeview 21 Freesat 129 Sky 141 Virgin 153 6pm Columbo 9.0 Lucifer New. Drama with Tom Ellis. 10.0 Lucifer New. 10.55-12.50am Law & Order: Special Victims Unit

## 5STAR

Freeview 32 Freesat 131 Sky 128 Virgin 151 7pm Police Interceptors 9.0 Colin & Justin's Hotel Hell New. 10.0-11.05pm FILM: Austin Powers: International Man Of Mystery (15/1997) Spoof spy adventure.

## DAVE

Freeview 19 Freesat 157 Sky 111 7pm Special Ops: Crime Squad UK 8.0 Qi XL 9.0 Just Jokes New. New. 10.0 Late Night Mash 11.0 Comedians Giving Lectures 11.40-12.40am Have I Got A Bit More News For You

## DRAMA

Freeview 20 Freesat 158 Sky 143 Virgin 130 8pm Miss Fisher's Murder Mysteries 9.0 Rebus 10.35-12.15am The Last Detective

## QUEST

Freeview 12 Freesat 172 Sky 144 Virgin 169 1.0-6pm **LIVE** Bennetts British Superbikes New. 7.0 American Pickers 8.0 Salvage Hunters 9.0 The Repair Shop New. 10.0 Aussie Gold Hunters 11.0-12.0 Outback Truckers

## SKY ARTS

Freeview 11 Freesat 147 Sky 130 Virgin 165 4.30pm Gatward: The Week The Future Called New. 8.0 Gatward: A Week In 2052 New. 9.0 Berlin Live: Stereophonics New. 10.20 Classic Albums 11.20-12.30am FILM: Freddie Mercury: The Untold Story (12/2000)

## YESTERDAY

Freeview 27 Freesat 159 Sky 155 Virgin 129 7pm Bangers & Cash: Restoring Classics 8.0 Open All Hours 10.0-12.0 Red Dwarf

## GREAT! TV

Freeview 50 Freesat 142 Sky 157 Virgin 189 7pm Murder, She Wrote 9.0-12.0 Who Wants To Be A Millionaire?

## DIGITAL

## SKY SHOWCASE Sky 106 Virgin 110

9.35-10.30am **LIVE** W Series 7pm The Simpsons 8.0 Rob & Romesh Vs Cricket: The Test (R) 9.0 S.W.A.T. New. Crime drama 10.0-11pm NCIS: Los Angeles New.

## SKY MAX Sky 113 Virgin 122

1.30-6pm **LIVE** NFL (R) 7.0 A League Of Their Own (R) 7.55 A Discovery Of Witches (R) 9.0 S.W.A.T. New. 10.0 NCIS: Los Angeles New. 11.0-12.0 SEAL Team (R)

## SKY ATLANTIC Sky 108

6.55pm The Sopranos (R) 8.0 Babylon Berlin (R) 9.0 House Of The Dragon (R) 10.10 This England (R) 11.25-12.15am The Gilded Age (R)

## SKY WITNESS Sky 107 Virgin 112

8pm Bull (R) 9.0 Blue Bloods (R) 10.0 Law & Order: Special Victims Unit (R) 11.0-12.0 Law & Order: Organized Crime (R)

## SKY COMEDY Sky 114 Virgin 135

7pm The Office (US) 8.0 Young Rock 9.0 Saturday Night Live New. 10.30 Bloods 11.0-12.30am Saturday Night Live

## GOLD Sky 110 Virgin 124

7pm Only Fools And Horses 8.20 Dad's Army 9.0 Billy Connolly Does... 10.0 The Vicar Of Dibley 10.55-11.35pm Mrs Brown's Boys

## DISCOVERY Sky 125 Virgin 250

7pm Lone Star Law 8.0 Deadly Dragon Of Borneo: Expedition Mungo 9.0 Mysteries Of The Deep Documentary. 10.0 Deadliest Catch 11.0-12.0 Wheeler Dealers

## NATIONAL GEOGRAPHIC Sky 129 Virgin 266

7pm Lost Tombs Of The Pyramids 8.0 Lost Treasures Of Egypt New. The death of King Tutankhamun. 9.0 Ultimate Tutankhamun 10.0-12.0 Lost Treasures Of Egypt

## SKY DOCUMENTARIES Sky 121 Virgin 278

6.45pm FILM: The Scheme (12/2020) (R) 9.0 FILM: Pariah: The Lives And Deaths Of Sonny Liston (15/2020) (R) 10.50-12.50am FILM: Seve (PG/2021) (R)

## COMEDY CENTRAL Sky 112 Virgin 181

7pm Friends 9.0 FILM: The Meg (12/2018) 11.10-12.05am The Jeff Dunham Show

## PBS AMERICA Freesat 155 Sky 174 Virgin 273

6.50pm Armada: The Untold Story 9.0-11.30pm Rebellion: The Stuarts In Exile

## FILMS

## SKY CINEMA PREMIERE Sky 301 Virgin 401

8pm FILM: Clean (15/2021) Premiere. Crime drama. 9.40 FILM: Shark Bait (15/2022) 11.10-1.10am FILM: Scream (18/2022)

## TALKING PICTURES TV Freesat 82 Freesat 306 Sky 328 Virgin 445

7pm FILM: Sleeping Car To Trieste (PG/1948) Spy thriller starring Jean Kent. 8.50 Look At Life 9.0 The Onedin Line 10.0 FILM: Dance With A Stranger (15/1985) 11.55-1am The Heritage Chart Show With Mike Read

## GREAT! MOVIES Freesat 302 Sky 321 Virgin 425

6.15pm FILM: Walk The Line (12/2005) 9.0 FILM: Ain't Them Bodies Saints (15/2013) Romantic crime drama 10.55-1.10am FILM: Seraphim Falls (15/2006)

## FILM4 Freesat 14 Freesat 300 Sky 313 Virgin 428

6.20pm The Hunger Games: Mockingjay - Part 2 (12/2015) 9.0 The Equalizer (15/2014) 11.40-1.25am Snatched (15/2017)

## SPORT

## SKY SPORTS MAIN EVENT Sky 401 Virgin 511

9.0 **LIVE** NRL 11.30 **PICK** **LIVE** EFL Stoke City v Watford (kick-off 12.00pm). 1pm **PICK** **LIVE** Super Sunday Manchester City v Manchester United (kick-off 2.00pm) 4.0 **PICK** **LIVE** Super Sunday Leeds United v Aston Villa (kick-off 4.30pm). 7.0 **LIVE** NFL 9.15-12.30am **LIVE** NFL 1.10-4.30am **LIVE** NFL

## EUROSPORT 1 Sky 410 Virgin 521

8.45am **LIVE** London Marathon 2022 12.0 **LIVE** Cycling: CRO Race 2pm **LIVE** Cycling: Famenne Ardenne Classic 3.45-5.0 **LIVE** Cycling: Tour De Vendee 6.0 Snooker: World Championship 8.0 Cycling: CRO Race 9.0 Climbing World Cup 10.05-12.0 Teqball: European Tour

## BT SPORT 1 Sky 413 Virgin 527

11.30am-1.30pm **LIVE** Live: Serie A 2pm **LIVE** Gallagher Premiership Rugby Union 5.15-6.0 **LIVE** Rugby Tonight 7.0 Live: Golazzo Live 7.45 **LIVE** Live: Serie A 10.0 Down The Clubhouse 11.0 **LIVE** Baseball Tonight 12.0-3.30am **LIVE** MLB



# MONDAY OCTOBER 3

## BBC1



**Inside Man, 9pm** Jefferson Grieff continues to pull the strings

- 6.00 **Breakfast**
- 9.15 **Rip Off Britain** The latest scams doing the rounds.
- 10.00 **Crimewatch Live** New series. Appeals for information from the public about crimes.
- 10.45 **Northern Justice**
- 11.15 **Homes Under The Hammer** (R)
- 12.15 **Bargain Hunt**
- 1.00 **BBC News; Weather**
- 1.30 **Regional News; Weather**
- 1.45 **Doctors** Jimmi struggles to absorb the drama of the last few days.
- 2.15 **London Kills** (R)
- 3.00 **Escape To The Country**
- 3.45 **Antiques Road Trip** New recruit Mark Hill joins Roo Irvine in Scotland.
- 4.30 **The Tournament Quiz** hosted by Alex Scott.
- 5.15 **Pointless** Quiz show hosted by Alexander Armstrong, with Sally Lindsay.
- 6.00 **BBC News; Weather**
- 6.30 **Regional News; Weather**
- 7.00 **The One Show** Alex Jones and Jermaine Jenas present topical stories
- 7.30 **EastEnders** Billy seeks solace in Sam, who offers him moral support.
- 8.00 **The Green Energy Scandal Exposed: Panorama** Joe Crowley investigates the wood-burning Drax power station in Yorkshire.
- 8.30 **We Are England** The workers behind the two Mini factories in Swindon and Oxford. (R)
- 9.00 **Inside Man** 3/4 As Harry's dilemma worsens, the fate of his family hangs in the balance.
- 10.00 **BBC News At Ten**
- 10.30 **Regional News; Weather**
- 10.40 **Have I Got A Bit More News For You** 4/9 Extended edition with comedian Ria Lina and journalist Matt Chorley. (R)
- 11.20 **The Graham Norton Show** 1/21 With Rami Malek, David Tennant, Jamie Lee Curtis, Lydia West and Robbie Williams. (R)
- 12.10 **Ambulance** (R)
- 1.15 **BBC News**

## BBC2



**Trouble At Topshop, 9pm** Disaster strikes at the high-street favourite

- 6.30 **Bargain Hunt** From Oswestry, Shropshire.
- 7.15 **Antiques Road Trip** (R)
- 8.00 **Sign Zone: Antiques Roadshow** (R)
- 9.00 **BBC News**
- 10.00 **BBC News**
- 12.15 **Politics Live** Stories from Westminster and beyond.
- 1.00 **Chase The Case** (R)
- 1.45 **Eggheads** (R)
- 2.15 **Gardening Together With Diarmuid Gavin** (R)
- 2.45 **The Great Northern Garden Build** (R)
- 3.45 **Home Is Where The Art Is** Nick Knowles presents. (R)
- 4.30 **Politics Live Conference 2022** Coverage of the Conservative Party gathering in Birmingham.
- 5.15 **Flog It!** (R)
- 6.00 **Richard Osman's House Of Games** With Toby Anstis, Kerry Howard, Evelyn Mok and Joe Sugg.
- 6.30 **Strictly: It Takes Two** Rylan chats to the couple who were eliminated at the weekend.
- 7.00 **The Crash Detectives** 4/4 A cyclist fights for his life after a collision with a lorry.
- 7.30 **Mastermind** Specialist subjects include Emily Wilding Davison and The Thick Of It.
- 8.00 **Only Connect** The Jugadores take on the Harlequins.
- 8.30 **University Challenge** Glasgow takes on Queen's University Belfast.
- 9.00 **Trouble At Topshop** 2/2 Philip Green faces hostility from the public.
- 10.00 **Stuck** Dan heads out on a shopping spree.
- 10.15 **Stuck** Carla battles to contain Joy's anxiety.
- 10.30 **Newsnight; Weather**
- 11.15 **[PICK] FILM: Moonlight** (15/2016) Drama starring Mahershala Ali.
- 1.00 **Black Hollywood: 'They've Gotta Have Us'** (R)
- 2.00 **Sensationalists: The Bad Girls And Boys Of British Art** Documentary. (R)
- 3.00 **Sign Zone: The Hotel People** (R)
- 4.00 **Undercover Hospital: Patients At Risk** (R)

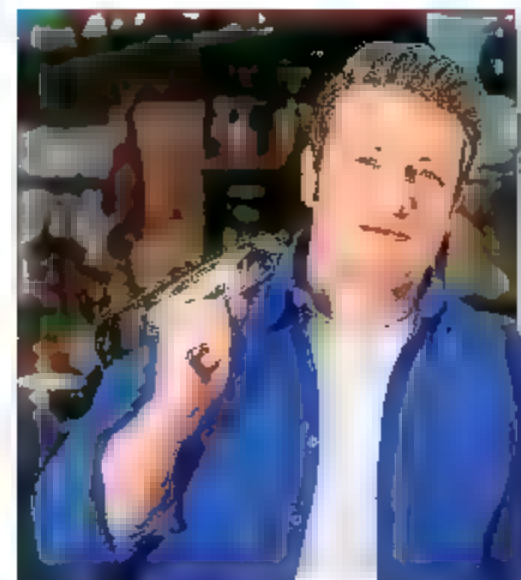
## ITV



**The Chase, 5pm** Bradley Walsh hosts another edition of the quiz

- 6.00 **Good Morning Britain** News, current affairs and lifestyle features.
- 9.00 **Lorraine** Entertainment and fashion news.
- 10.00 **This Morning** Celebrity chat and lifestyle features.
- 12.30 **Loose Women** Celebrity interviews and discussion.
- 1.30 **ITV News; Weather**
- 1.55 **Local News; Weather**
- 2.00 **Dickinson's Real Deal** David Dickinson and his team are in Cheltenham.
- 3.00 **Tenable** Five family members from Southport take part in the quiz.
- 4.00 **Tipping Point** Quiz hosted by Ben Shephard.
- 5.00 **The Chase** Quiz show hosted by Bradley Walsh.
- 6.00 **Local News; Weather**
- 6.30 **ITV News; Weather**
- 7.30 **Emmerdale** Aaron is back, but it remains to be seen whether Liv can forgive him. Ryan guesses Mack is hiding something. Harriet makes an arrest.
- 8.00 **Coronation Street** Alya pursues a new line of enquiry while Stu enjoys a family reunion, and Ronnie informs James of a career opportunity.
- 9.00 **[PICK] The Walk-In** 1/5 An activist from Hope Not Hate tries to penetrate an ultra-right group planning to kill an MP. Drama starring Stephen Graham and Andrew Ellis.
- 10.05 **ITV News; Weather**
- 10.35 **Local News; Weather**
- 10.50 **[PICK] Wear The Rose: An England Rugby Dream** 1/2 Documentary following the England women's rugby team as they prepare for the Rugby World Cup in New Zealand, a tournament for which they are favourites.
- 11.50 **All Elite Wrestling: Dynamite** Hard-hitting action from the world of All Elite Wrestling.
- 1.30 **Shop: Ideal World**
- 3.00 **On Assignment** (R)
- 3.30 **For The Love Of Britain** (R)
- 3.55 **Unwind With ITV**
- 5.05 **Dickinson's Real Deal** (R)

## CHANNEL 4



**Jamie's One-Pan Wonders, 8.30pm** Chicken is on the menu

- 6.10 **Countdown** (R)
- 6.50 **3rd Rock From The Sun** (R)
- 7.35 **Everybody Loves Raymond** (R)
- 9.00 **Frasier** (R)
- 10.30 **Ramsay's Kitchen Nightmares USA** (R)
- 11.25 **Channel 4 News Summary**
- 11.30 **Help! We Bought A Village** Documentary. (R)
- 12.30 **Steph's Packed Lunch** Weekday magazine show hosted by Steph McGovern.
- 2.10 **Countdown** Pat Nevin is in Dictionary Corner.
- 3.00 **A Place In The Sun** (R)
- 4.00 **[PICK] Renovation Nation** New series. More renovators from all over the UK tackle crumbling period properties.
- 5.00 **Four In A Bed** The competition kicks off at Brook Meadow, near Market Harborough in Leicestershire
- 5.30 **The Perfect Pitch**
- 6.00 **The Simpsons** (R)
- 6.30 **Hollyoaks** (R)
- 7.00 **Channel 4 News**
- 8.00 **Food Unwrapped** Matt Tebbutt unbottles the mystery of wine sulphites and hangovers.
- 8.30 **Jamie's One-Pan Wonders** Jamie whips up super-speedy smashed lemongrass chicken.
- 9.00 **[PICK] 24 Hours In A&E** New series. Featuring a motorcyclist who lost control and went over the handlebars.
- 10.00 **Naked Attraction** Featuring a pansexual Twitch streamer and a bondage enthusiast.
- 11.05 **8 Out Of 10 Cats Does Countdown** (R)
- 12.10 **Ramsay's Kitchen Nightmares USA** (R)
- 1.00 **Couples Come Dine With Me** From Nottingham. (R)
- 1.50 **Car 5.0.S.** (R)
- 2.40 **Handmade: Britain's Best Woodworker** (R)
- 3.35 **Grand Designs: The Streets** Property. (R)
- 4.25 **Wondrous Wales** (R)
- 5.20 **George Clarke's Flipping** Fast Reality challenge. (R)

## CHANNEL 5



**Motorway Cops: Catching Britain's Speeders, 8pm**

- 6.00 **Milkshake!** Children's shows including 8.00 **The Adventures Of Paddington** (R) 8.15 **Ricky Zoom** (R) 8.30 **Peppa Pig** (R) 8.40 **Daisy & Ollie** (R) 8.50 **Odo** 8.55 **Kangaroo Beach** (R) 9.10 **Sunny Bunnies** (R)
- 9.15 **Jeremy Vine** The broadcaster discusses the issues of the day.
- 12.45 **Holiday Homes In The Sun**
- 1.40 **News**
- 1.45 **Home And Away** (R)
- 2.15 **FILM: The Mother-in-Law** (PG/2021) Premiere. Thriller starring Dey Young.
- 4.00 **Bargain-Loving Brits In The Sun** Documentary.
- 5.00 **News**
- 6.00 **Cash In The Attic** Chris Kamara and appraiser Jessica Wall go treasure-hunting in Essex. (R)
- 6.55 **News**
- 7.00 **Police Interceptors** 10/15 In Nottingham, the knife crime team arrests a suspected drug dealer. (R)
- 7.55 **News**
- 8.00 **Motorway Cops: Catching Britain's Speeders** 2/10 Following motorway officers as they crack down on the nation's worst drivers.
- 9.00 **Live: Britain On Strike - The Debate** A discussion about the current wave of industrial action, hearing from those taking part in strikes as well as people who have been affected by them.
- 10.00 **Casualty** 24/7: Every Second Counts 4/20 Staff rush to help a woman who is struggling to breathe. (R)
- 11.05 **999: Critical Condition** 4/12 A man is rushed in by helicopter after his parachute fails. (R)
- 12.05 **Police Interceptors** (R)
- 1.00 **Live NFL: Monday Night Football** San Francisco 49ers v Los Angeles Rams (kick-off 1.15am).
- 4.30 **Entertainment News On 5**
- 4.40 **Wildlife SOS** (R)
- 5.30 **Peppa Pig** (R)
- 5.35 **Paw Patrol** (R)
- 5.45 **Thomas & Friends: Big World! Big Adventures!** (R)



## PICK OF THE DAY

## The Walk-In

ITV, 9pm

Writer Jeff Pope must surely now be acknowledged as the master of turning hard-hitting news stories into gripping television dramas. In this new five-part series, he tells the tale of the investigation into a plot by neo-Nazi extremists who wanted to echo the horrific murder of Jo Cox in 2016 and kill another MP.

The central figure is Matthew Collins (Stephen Graham, right), who years earlier had been a National Front thug but has turned his life around to become a leading anti-fascist campaigner and investigator with the group Hope Not Hate.

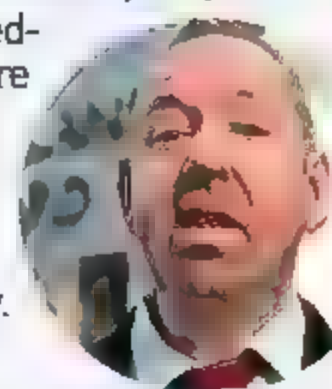
As the story begins he's concerned about the threat posed by a new group, National Action – but how can he find out what's happening inside their tightly knit ranks? The whole series is available to watch on the ITV Hub immediately after episode one. ★★★★★



## RADIO

## It's A Fair Cop Radio 4, 6.30pm

Police officer-turned-stand-up Alfie Moore (right) plunders his former career for more material in the seventh series of his popular show.



Moore starts by revealing what happened when smartphones belonging to the staff of a Scunthorpe warehouse began to disappear.

In **The Conversation** (BBC World Service, 11.30am & 10.30pm) women from the US and India discuss the appeal of driving electric vehicles.

**Book At Bedtime: Stories From Ukraine** (Monday-Friday, Radio 4, 10.45pm) begins with Artem Chapeyev's two-part tale about a young couple who come together while exploring the landscape.

## PROPERTY

## Renovation Nation

Monday-Friday, Channel 4, 4pm

The series is back for its third run, charting the progress of renovators across the country as they try to breathe new life into dilapidated properties. First up are a Scottish couple dreaming of turning a crumbling castle into a dream wedding venue. Also featured are a historic house in Kent and an Arts & Crafts-era former care home in Yorkshire. ★★★★★



## ARTS

## Glenda Jackson: This Cultural Life BBC4, 9pm

During a revealing interview with John Wilson, the double-Oscar-winner (above) discusses the influences on her acting and political careers, which have included stage and screen roles as well as 23 years as an MP.

The programme is followed by a chance to see Jackson's Bafta-winning performance in **Elizabeth Is Missing** (9.30pm) and classic 1965 play **Horror Of Darkness** (11pm). ★★★★★

## SPORT

## Live MNF

Sky Sports Main Event, 7pm

The East Midlands derby between Leicester City and Nottingham Forest takes place at the King Power Stadium (kick-off 8pm).

Neither side has had a good start to the season – Forest have found the going tough on their return to the Premier League, while the Foxes are in poor form. Both will be hoping for a win tonight to kick-start their campaigns.

## HISTORY

## Britain's Greatest Obsessions

Sky History, 9pm

Lorraine Kelly (right) investigates why we continue to be fascinated by the events of the Second

World War. She learns about her beloved grandfather's experiences and discovers how important women's roles were in securing victory. ★★★★★

## DOCUMENTARY

## Wear The Rose: An England Rugby Dream

ITV, 10.50pm

The women's Rugby World Cup begins in New Zealand on Friday, UK time, and England start as favourites. This two-part programme follows the squad's preparations after they come together for a pre-tournament training camp, during which they're put through their paces by coach Simon Middleton ahead of his final selection. Concludes tomorrow. ★★★★★



## FILM



## Moonlight (2016) BBC2, 11.15pm

Alex Hibbert, Ashton Sanders and Trevante Rhodes play the central character at different times in his troubled life in this Oscar-winning drama. Mahershala Ali (above) won Best Supporting Actor for his role as a drug dealer who takes the youngster under his wing after he's neglected by his mother (Naomie Harris). ★★★★★

## FREEVIEW AND SATELLITE CHANNELS

## FREEVIEW

## BBC3

Freeview 23 Freesat 179 Sky 117 (London 173 Scot 141)  
7pm Top Gear 8.0 Stitch, Please! 8.30 Hot Cakes 9.0 Bad Education 10.0 Ladhood New. 10.25 Ladhood New. 10.50 Ellie & Natasia 11.35-12.50am RuPaul's Drag Race UK

## BBC4

Freeview 9 Freesat 107 Sky 116 Virgin 108  
7pm BBC Young Musician 2022: Woodwind Final Highlights New. 8.0 Forest, Field & Sky: Art Out Of Nature 9.0 **PICK** Glenda Jackson: This Cultural Life New. 9.30 **PICK** FILM: Elizabeth Is Missing (12/2019) 11.0-12.10am **PICK** Horror Of Darkness

## ITV2

Freeview 6 Freesat 113 Sky 118 Virgin 115  
7pm Secret Crush New. 8.0 Bob's Burgers 9.0 Bad Chefs New. 10.0 Family Guy New. 10.30 American Dad! New. 10.55 Family Guy 11.55-12.20am American Dad!

## ITV3

Freeview 10 Freesat 115 Sky 119 Virgin 117  
7pm Heartbeat 8.0 Agatha Christie's Marple 10.0-12.0 Van Der Valk

## ITV4

Freeview 26 Freesat 117 Sky 120 Virgin 118  
7pm Gallagher Premiership Rugby Union Highlights 8.0 MotoGP Highlights 9.0 The Grand Fishing Adventure 10.0-12.50am FILM: Aliens (18/1986) Sci-fi thriller sequel starring Sigourney Weaver.

## E4

Freeview 13 Freesat 122 Sky 135 Virgin 106  
7pm Hollyoaks New. 7.30 The Farmer Wants A Wife: Australia New. 9.0 Married At First Sight UK New. 10.0 The Big Blow Out New. 11.05-12.10am Gogglebox

## MORE4

Freeview 18 Freesat 124 Sky 136 Virgin 147  
6.55pm Escape To The Chateau 7.55 Great Canal Journeys 9.0 Devon And Cornwall 10.0 Britain's Most Expensive Houses 11.05-12.10am 24 Hours In A&E

## SUSA

Freeview 21 Freesat 129 Sky 141 Virgin 153  
7pm NCIS 9.0 The Blacklist New. 10.0 Law & Order: Special Victims Unit 11.50-12.50am Law & Order: Criminal Intent (R)

## 5STAR

Freeview 32 Freesat 131 Sky 128 Virgin 151  
7pm GPs: Behind Closed Doors 8.0 Bargain-Loving Brits In The Sun 9.0 Dirty Home Rescue New. 10.0 Adults Only: Threesomes Are More Fun 11.0-1am FILM: Dracula Untold (15/2014)

## DAVE

Freeview 19 Freesat 157 Sky 111  
7pm Richard Osman's House Of Games 7.40 QI 8.20 Would I Lie To You? 9.0 QI XL 10.0 Question Team New. 11.0-12.0 Mel Giedroyc: Unforgivable

## DRAMA

Freeview 20 Freesat 158 Sky 143 Virgin 130  
6.40pm 'Allo 'Allo! 7.20 Last Of The Summer Wine 8.0 The Brokenwood Mysteries 10.0 New Tricks 11.20-12.40am Spooks

## QUEST

Freeview 12 Freesat 172 Sky 144 Virgin 169  
7pm Outback Opal Hunters 8.0 Salvage Hunters 9.0 Aussie Gold Hunters New. 10.0 Outback Truckers 11.0-12.0 How Do They Do It? The production of tyres.

## SKY ARTS

Freeview 11 Freesat 147 Sky 130 Virgin 165  
7pm Andre Rieu In Wonderland A concert by the violinist. 9.30 Mystery Of The Lost

Paintings 10.30 Ray Charles: Music Icons 11.0 The Other Art Show New. 11.30-12.30am Brian Johnson's A Life On The Road

## YESTERDAY

Freeview 27 Freesat 159 Sky 155 Virgin 129  
7pm Fred Dibnah's Made In Britain 8.0 Abandoned Engineering New. 9.0 The Buildings That Fought Hitler 10.0 Bangers And Cash 11.0-12.0 Abandoned Engineering

## GREAT! TV

Freeview 50 Freesat 142 Sky 157 Virgin 189  
7pm M\*A\*S\*H 9.0 Randall And Hopkirk (Deceased) 10.0 The Persuaders! 11.0-12.0 Classic Who Wants To Be A Millionaire?

## DIGITAL

## SKY SHOWCASE Sky 106 Virgin 110

7pm The Simpsons 8.0 David Attenborough's Conquest Of The Skies (R) 9.0 The Great Debate 10.0 Janet Jackson (R) 11.0 Last Week Tonight With John Oliver (R) 11.40-12.15am Fantasy Football League (R)

## SKY MAX Sky 113 Virgin 122

7pm Stargate SG-1 (R) 8.0 Resident Alien (R) 9.0 COBRA: Cyberwar (R) 10.0 Brassic (R) 11.0-12.0 A League Of Their Own (R)

## SKY ATLANTIC Sky 108

7.55pm Game Of Thrones (R) 9.0 House Of The Dragon 10.10 Gangs Of London (R) 11.15-12.25am House Of The Dragon (R)

## SKY WITNESS Sky 107 Virgin 112

7pm Nothing To Declare 8.0 Blue Bloods 10.0-12.0 Law & Order: Special Victims Unit

## SKY COMEDY Sky 114 Virgin 135

7pm Everybody Hates Chris 7.30 The Office (US) 9.0 Last Week Tonight With John Oliver

New. 9.40 Black Monday 11.0-11.40pm Last Week Tonight With John Oliver

## GOLD Sky 110 Virgin 124

7.05pm Dad's Army 8.25 The Vicar Of Dibley 9.20 Mrs Brown's Boys 10.0 The Real McCoy 10.40 I'm Alan Partridge 11.20-12.0 Mrs Brown's Boys

## DISCOVERY Sky 125 Virgin 250

7pm Junkyard Empire 8.0 Railroad Alaska 9.0 Wheeler Dealers New. 10.0 Chasing Classic Cars New. 11.0-12.0 Yukon Men

## NATIONAL GEOGRAPHIC Sky 129 Virgin 266

7pm Air Crash Investigation 8.0 World War II: Secrets From Above New. 9.0 History: The Interesting Bits New. 10.0 Lost Treasures Of Egypt 11.0-12.0 Air Crash Investigation

## SKY DOCUMENTARIES Sky 121 Virgin 278

7pm The Movies (R) 8.0 100 Foot Wave (R) 9.0 FILM: I Am Jackie O (12/2020) 10.45 Janet Jackson (R) 11.45-1.30am FILM: Wig. (15/2019)

## COMEDY CENTRAL Sky 112 Virgin 181

7pm Friends 9.0 Guessable? 10.0 Joe Lycett: That's The Way, A-Ha, A-Ha, Joe Lycett 11.0-12.0 Drunk History

## PBS AMERICA Freesat 155 Sky 174 Virgin 273

6.30pm First Britons 7.40 A Doctor's Sword 8.50 The Civil War 10.55-12.0 First Britons

## FILMS

## SKY CINEMA PREMIERE Sky 301 Virgin 401

6pm FILM: Uncharted (12/2022) 8.0 FILM: Georgetown (15/2019) 9.55-12.05am FILM: The 355 (12/2022)

## TALKING PICTURES TV

Freeview 82 Freesat 306 Sky 328 Virgin 445  
6pm FILM: Mr Denning Drives North (12/1951) 7.50 Look At Life 8.0 The Main Chance 9.0 FILM: Afraid Of The Dark (15/1991) 10.45 Screenagers! 11.0-12.05am Secret Army

## GREAT! MOVIES

Freeview 34 Freesat 302 Sky 321 Virgin 425  
6.45pm FILM: S.W.A.T (12/2003) 9.0 FILM: Immortals (15/2011) 11.15-1.25am FILM: Personal Shopper (15/2016)

## FILM4

Freeview 14 Freesat 300 Sky 313 Virgin 428  
6.50pm My Cousin Rachel (12/2017) 9.0 Coming To America (15/1988) 11.20-1.40am What Men Want (15/2019)

## SPORT

## SKY SPORTS MAIN EVENT Sky 401 Virgin 511

7pm **PICK** LIVE MNF Leicester City v Nottingham Forest (kick-off 8.00pm). 11.0-12.0 LIVE World Grand Prix Darts Day one. 1am-4.30am LIVE NFL

## EUROSPORT 1 Sky 410 Virgin 521

1pm LIVE Cycling: Coppa Bernocchi 2.30-4.30 LIVE Cycling: Tour Of Munsterland 6.0 Climbing Show 7.25 Eurosport News 8.0 Cycling: CRO Race 9.0 Cycling: Coppa Bernocchi 10.0 Cycling: Tour Of Munsterland 11.0-12.0 Triathlon: Super League

## BT SPORT 1 Sky 413 Virgin 527

7pm ESPN FC 7.30 LIVE Live: Serie A 9.45 Currie Club 10.15 BT Sport Goals Reload 10.45 Around The Block 11.0-12.0 WWE Raw Highlights 1am-4.15am LIVE Live: WWE Monday Night Raw



# TUESDAY OCTOBER 4

## BBC1



**Trawlermen, 8pm** The boats head out in search of pollack and crabs

- 6.00 **Breakfast News**, weather and entertainment reports.  
 9.15 **Rip Off Britain** The latest scams doing the rounds.  
 10.00 **Crimewatch Live Appeals** for information from the public about crimes.  
 10.45 **Paramedics On Scene (R)**  
 11.15 **Homes Under The Hammer** Properties in Powys, the West Midlands and Norfolk.  
 12.15 **Bargain Hunt (R)**  
 1.00 **BBC News; Weather**  
 1.30 **Regional News; Weather**  
 1.45 **Doctors** Emma makes a mistake at work.  
 2.15 **London Kills (R)**  
 3.00 **Escape To The Country** People search for their ideal rural retreats.  
 3.45 **Antiques Road Trip** Roo Irvine and Mark Hill take a tour of the Highlands.  
 4.30 **The Tournament** Knockout quiz hosted by Alex Scott.  
 5.15 **Pointless** Quiz show hosted by Alexander Armstrong with Sally Lindsay.  
 6.00 **BBC News; Weather**  
 6.30 **Regional News; Weather**  
 7.00 **The One Show** A mix of nationwide reports and live studio-based chat.  
 7.30 **EastEnders** Shirley tells Phil that Sam has been playing him all along.  
 8.00 **Trawlermen** Ocean Pride targets shipwrecks off Cornwall in pursuit of pollack, while Margaret of Ladram hunts for Dover sole in the English Channel.  
 9.00 **Inside Man** 4/4 Jefferson prepares to face execution, and time is also running out for Janice. Harry struggles to do the right thing. With David Tennant.  
 10.00 **BBC News At Ten**  
 10.30 **Regional News; Weather**  
 10.40 **Industry** 2/8 Harper must find a way to save the Rican deal in less than 24 hours.  
 11.35 **The Hit List Celebrity Special** 2/5 Celebrity edition of the music quiz show, hosted by Marvin and Rochelle Humes. (R)  
 12.20 **Blankety Blank (R)**  
 1.00 **BBC News**

## BBC2



**Iolo: A Wild Life, 7.30pm** The nature presenter recalls more adventures

- 6.30 **Bargain Hunt (R)**  
 7.15 **Antiques Road Trip (R)**  
 8.00 **Sign Zone: Mary Berry – Cook & Share (R)**  
 8.30 **Nadiya's Everyday Baking** Favourite go-to roasts. (R)  
 9.00 **BBC News**  
 10.00 **BBC News**  
 12.15 **Politics Live** Stories from Westminster and beyond.  
 1.00 **Chase The Case (R)**  
 1.45 **Eggheads (R)**  
 2.15 **Gardening Together With Diarmuid Gavin (R)**  
 2.45 **The Great Northern Garden Build (R)**  
 3.45 **Home Is Where The Art Is** Nick Knowles presents. (R)  
 4.30 **Murder, Mystery And My Family (R)**  
 5.15 **Flog It! (R)**  
 6.00 **Richard Osman's House Of Games** Quiz show.  
 6.30 **Strictly: It Takes Two** With the winners of Sunday night's dance-off.  
 7.00 **Villages By The Sea** Coastal villages that have often been on the frontline of history.  
 7.30 **Iolo: A Wild Life** 6/8 Iolo Williams recalls finding lizards and slow worms on country lanes.  
 8.00 **The Hotel People** 6/8 One Belfast hotel team reaches boiling point with a drag show, a beauty pageant, an awards gala and a boxing match to host.  
 9.00 **[PICK] Sensationalists: The Bad Girls And Boys Of British Art** 2/3 How young creatives changed the face of art in Britain during the 1990s, culminating in an exhibition of Charles Saatchi's private collection at the Royal Academy.  
 10.00 **Cunk On Earth** 3/5 Philomena visits the city of Florence to explore the Renaissance.  
 10.30 **Newsnight; Weather**  
 11.15 **[PICK] FILM: The Color Purple** (15/1985) Drama starring Whoopi Goldberg.  
 1.40 **Sign Zone: Countryfile (R)**  
 2.40 **Frozen Planet II (R)**  
 3.40 **Stolen: Catching The Art Thieves (R)**

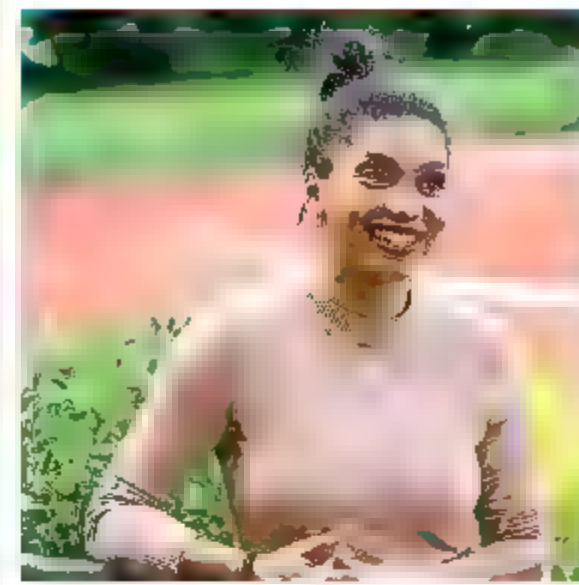
## ITV



**Coronation Street, 8pm** Summer and Aaron get up to mischief

- 6.00 **Good Morning Britain**  
 9.00 **Lorraine** Entertainment and fashion news.  
 10.00 **This Morning** Celebrity chat and lifestyle features.  
 12.30 **Loose Women** Topical debate from a female perspective.  
 1.30 **ITV News; Weather**  
 1.55 **Local News; Weather**  
 2.00 **Dickinson's Real Deal** David Dickinson and his team assess items.  
 3.00 **Tenable** Five university friends answer questions about top 10 lists.  
 4.00 **Tipping Point** Quiz hosted by Ben Shephard.  
 5.00 **The Chase** Quiz show hosted by Bradley Walsh.  
 6.00 **Local News; Weather**  
 6.30 **ITV News; Weather**  
 7.30 **Emmerdale** Mack wants to guard his secret. Al wants to run away with Chas. Will is shocked to learn Dan and Harriet are dating.  
 8.00 **Coronation Street** Alya ignores Stu's wishes and continues her investigation, and Aaron and Summer choose the wrong day to throw caution to the wind.  
 9.00 **[PICK] Paxman: Putting Up With Parkinson's** Jeremy Paxman's story of living with Parkinson's disease, as the presenter allows cameras into his life for the first time since his formal diagnosis 18 months ago.  
 10.05 **ITV News; Weather**  
 10.35 **Local News; Weather**  
 10.50 **Wear The Rose: An England Rugby Dream** 2/2 As the World Cup draws closer, so does the decision about selection for the tournament. The squad is out to impress head coach Simon Middleton.  
 11.50 **British Touring Car Championship Highlights** Steve Rider presents action from the 25th, 26th and 27th races of the campaign, from Silverstone.  
 1.05 **Shop: Ideal World**  
 3.00 **Take The Tower (R)**  
 3.50 **Unwind With ITV**  
 5.05 **Dickinson's Real Deal (R)**

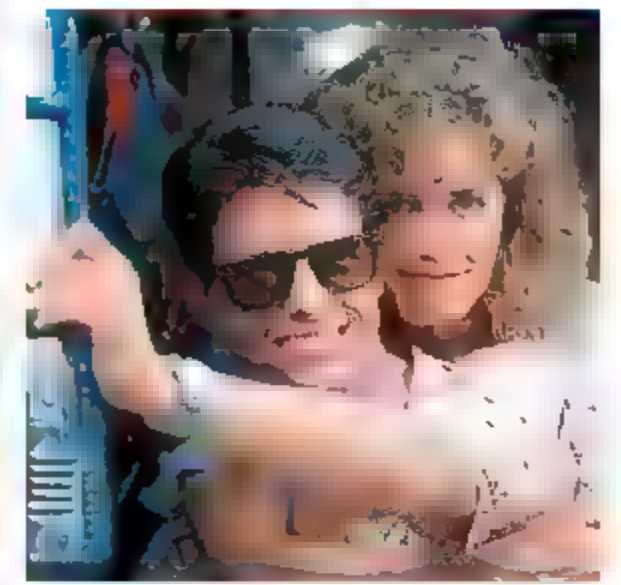
## CHANNEL 4



**Make Me Prime Minister, 9.30pm** Hollywon't be smiling for long...

- 6.10 **Countdown (R)**  
 6.50 **3rd Rock From The Sun (R)**  
 7.35 **Everybody Loves Raymond (R)**  
 9.00 **Frasier (R)**  
 10.30 **Ramsay's Kitchen Nightmares USA (R)**  
 11.25 **Channel 4 News Summary**  
 11.30 **Help! We Bought A Village** Documentary. (R)  
 12.30 **Steph's Packed Lunch** Weekday magazine show hosted by Steph McGovern.  
 2.10 **Countdown** Pat Nevin is in Dictionary Corner.  
 3.00 **A Place In The Sun (R)**  
 4.00 **Renovation Nation**  
 5.00 **Four In A Bed** The second visit this week is to the Apollo Inn in Barlborough.  
 5.30 **The Perfect Pitch** This week's campers arrive at Blair Castle Caravan Park.  
 6.00 **The Simpsons** Homer becomes a missionary. (R)  
 6.30 **Hollyoaks (R)**  
 7.00 **Channel 4 News**  
 8.00 **[PICK] The Great British Bake Off** 4/10 The bakers take on three challenges exploring authentic Mexican bakes, including their twist on the classic sweet bread pan dulce for the signature dish.  
 9.30 **Make Me Prime Minister** 2/6 Alastair and Sayeeda challenge the candidates to tackle obesity – but Holly's proposed policy slogan definitely doesn't get the reaction she was hoping for.  
 10.35 **First Dates** Hotel Guests include an academic and classical singer raised in the Mormon Church.  
 11.40 **Gogglebox** The critics share their opinions on what they have been watching during the week. (R)  
 12.35 **Gogglebox (R)**  
 1.30 **Ramsay's Kitchen Nightmares USA (R)**  
 2.20 **My Grandparents' War: Emeli Sandé (R)**  
 3.15 **A Very British Job Agency** Documentary. (R)  
 4.10 **Wondrous Wales (R)**  
 5.05 **George Clarke's Flipping Fast Property. (R)**

## CHANNEL 5



**Film: Cocktail, 11pm** Shake it up: Tom Cruise and Elisabeth Shue

- 6.00 **Milkshake!** Children's shows including 8.00 **The Adventures Of Paddington (R)** 8.15 **Ricky Zoom (R)** 8.30 **Peppa Pig (R)** 8.40 **Daisy & Ollie (R)** 8.50 **Odo** 8.55 **Kangaroo Beach (R)** 9.10 **Sunny Bunnies (R)**  
 9.15 **Jeremy Vine** The broadcaster discusses the issues of the day.  
 12.45 **Holiday Homes In The Sun**  
 1.40 **News**  
 1.45 **Home And Away** Eden feels guilty for putting the band before Salt.  
 2.15 **FILM: The Guesthouse Murder** (12/2021) Premiere. Thriller starring Brittany Underwood.  
 4.00 **Bargain-Loving Brits In The Sun**  
 5.00 **News**  
 6.00 **Cash In The Attic** Jules Hudson and expert appraiser David Fergus head to Warwickshire. (R)  
 6.55 **News**  
 7.00 **Dogs Behaving (Very) Badly** 6/10 Graeme Hall calms down a Great Dane with a not-so-great attitude. (R)  
 7.55 **News**  
 8.00 **The Yorkshire Vet** 5/11 A rare-breed pony is in danger when she suffers a prolapsed uterus soon after giving birth.  
 9.00 **[PICK] Michael Palin: Into Iraq** 3/3 As he begins the final part of his journey into Iraq, Michael finds a local school in Baghdad and talks to the children about their lives and future hopes.  
 10.00 **Draining New York: What Lies Beneath?** 7/15 The discovery of secrets beneath the ocean around New York. (R)  
 11.00 **FILM: Cocktail** (15/1988) Drama starring Tom Cruise and Bryan Brown.  
 1.10 **The LeoVegas Live Casino Show** Interactive gambling.  
 3.10 **1970: Britain's Biggest Hits** Top-selling singles. (R)  
 4.20 **Amazing Cakes & Bakes (R)**  
 5.05 **Wildlife SOS (R)**  
 5.30 **Peppa Pig (R)**  
 5.35 **Paw Patrol (R)**

REGIONAL VARIATIONS: BBC1 Wales: 10.45am Homes Under The Hammer 11.45am-12.15pm X-Ray 10.40pm Game Changers 11.20 Industry 12.15-1.00am The Hit List Celebrity Special BBC2 Wales: 1.45pm First Minister's Questions 2.35 Eggheads 3.05 The Great Northern Garden Build 4.05 Home Is Where The Art Is 4.50 Murder, Mystery And My Family 5.35-6.00 Flog It! 7.00-7.30pm A Special School ITV Meridian: as London ITV Anglia: as London ITV Granada: as London ITV Central: as London ITV Westcountry: as London ITV West: as London ITV Yorkshire: as London ITV Tyne Tees: as London ITV Border: as London ITV Wales: 10.50pm Face To Face 11.20-11.50pm Wales On TV



## PICK OF THE DAY

## Paxman: Putting Up With Parkinson's

ITV, 9pm

For decades Jeremy Paxman (right) has been a veritable force of nature in British broadcasting, first as an interviewer of rottweiler tenacity on BBC2's Newsnight, and then as the quizmaster on University Challenge. But the presenter's life has been changed by Parkinson's disease, with which he was diagnosed last year.

In this revealing documentary, Paxman lets cameras into his life so that we can see how the condition is affecting him. He opens up about the new challenges he faces as he meets experts who explain the latest research into Parkinson's (1 in 37 of us are likely to be diagnosed with the condition). He also discovers new activities he can enjoy, including a dance therapy class with the English National Ballet, and experiences the simple joys of the sport of bowls. ★★★★★



## RADIO

## In The Studio BBC World Service, 11.30am &amp; 10.30pm

Axel Scheffler (right) is best known for illustrating the books of children's author Julia Donaldson, including The Gruffalo and Stick Man. Here he talks about his latest work, Jim's Spectacular Christmas, a collaboration with Emma Thompson.

**Drama: Heartstrings** (Radio 4, 2.15pm) stars Rosalind Burt and Charlie Layburn as a former couple whose trip to Norfolk goes from bad to worse as she's overcome by guilt concerning her mother's suicide.

**File On 4** (Radio 4, 8pm) focuses on UK victims of trafficking amid concerns they're less likely to receive help than their foreign counterparts



## FOOD

## The Great British Bake Off Channel 4, 8pm

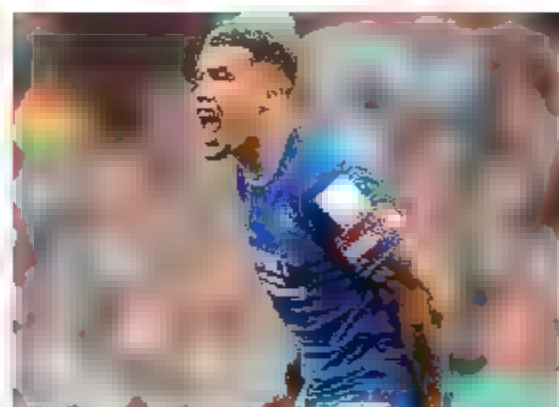
Those who survived Paul Hollywood's steely stare during bread week may be hoping for an easier time tonight, but they'll be disappointed because they now face three Mexican-themed challenges. The first involves a twist on sweet bread pan dulce, which is followed by a street-food staple. Finally, they must serve up a showstopping milk-soaked tres leches cake. ★★★★★

## SPORT

## Live EFL

Sky Sports Main Event, 7.30pm & Sky Sports Arena, 7.55pm

Two Championship matches are scheduled tonight: Cardiff City v Blackburn Rovers and Reading v Norwich City (kick-offs 8pm).



## SPORT

## Live UEFA Champions League BT Sport 1, 5.30pm, BT Sport 2, 6.30pm, BT Sport 3, 7.15pm &amp; BT Sport 4, 5.30pm &amp; 7.45pm

Marseille v Sporting Lisbon, Bayern Munich v Viktoria Plzen (kick-offs 5.45pm) and Inter Milan v Barcelona (k.o. 8pm) all take place this evening. But of most interest to British fans will be Liverpool's Group A clash with James Tavernier's (above) Rangers and Tottenham Hotspur's trip to Eintracht Frankfurt (k.o.s 8pm).

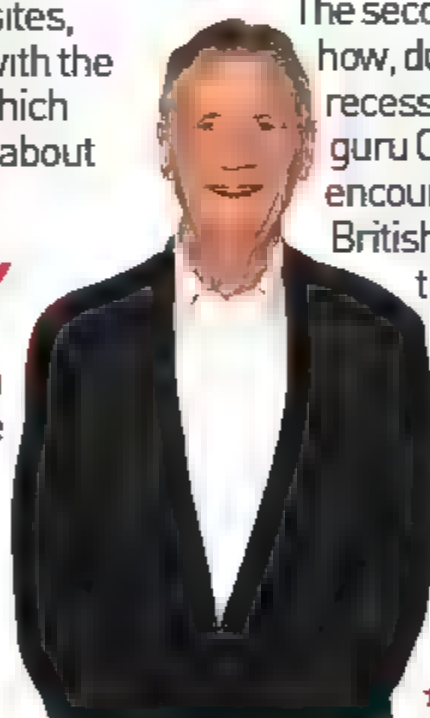
## TRAVEL

## Michael Palin: Into Iraq Channel 5, 9pm

The final leg of the veteran comedian-turned-explorer's (below) trip follows his arrival in Baghdad. He asks local children about their hopes and dreams, before finishing at the shrine of Imam Husayn, one of the region's most sacred sites, which provides Palin with the perfect setting from which to sum up his feelings about the country. ★★★★★

## DOCUMENTARY

**Midwives: Storyville** BBC4, 9pm  
Filmed over the course of five years, this documentary offers a fascinating insight into the lives of two women working at a clinic in Myanmar. Buddhist



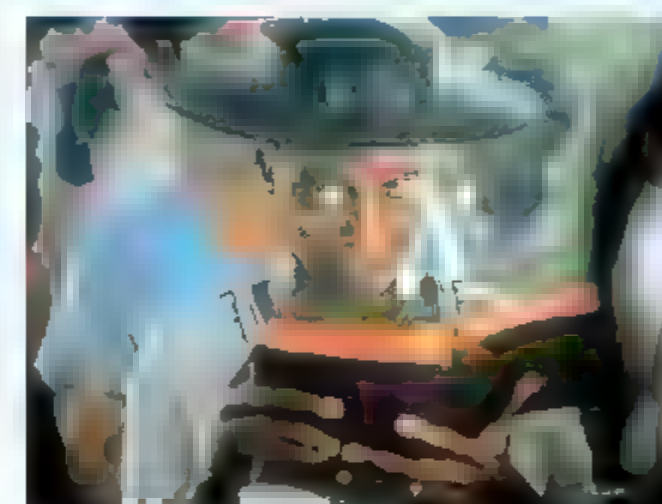
Hla and Nyo Nyo, a member of a persecuted Muslim minority community, defy social convention to bring the best possible care to their patients. ★★★★★

## ARTS

## Sensationalists: The Bad Girls And Boys Of British Art BBC2, 9pm

The second episode reveals how, during the 1990s recession, advertising guru Charles Saatchi encouraged various young British artists to chronicle their experiences. It resulted in some controversial works, but also paved the way for Rachel Whiteread to become the first woman to win the Turner Prize. ★★★★★

## FILM



## The Color Purple

(1985) BBC2, 11.15pm

Steven Spielberg took a break from lavish blockbusters to make this moving period drama adapted from Alice Walker's Pulitzer Prize-winning novel. Whoopi Goldberg (above) plays Celie, whose miserable life is transformed by her female friends. Oprah Winfrey and Danny Glover co-star. ★★★★★

## FREEVIEW AND SATELLITE CHANNELS

## FREEVIEW

## BBC3

Freeview 23 Freesat 179 Sky 117 (London 173 Scot 141)  
7pm Top Gear 8.0 The Fast And The Furious  
8.30 Hire Me: Competing For A Dream  
Job 9.0 Leigh-Anne: Race, Pop & Power  
10.0 BBC New Comedy Awards 2022 New.  
10.35 This Country 11.30 Ladhoo 11.55-  
12.25am BBC New Comedy Awards 2022

## BBC4

Freeview 9 Freesat 107 Sky 116 Virgin 108  
7pm BBC Young Musician 2022: Brass Final  
Highlights New. 8.0 Keeping Up Appearances  
8.30 Ever Decreasing Circles 9.0 **PICK**  
Midwives: Storyville New. 10.35-12.20am  
Collective: Unravelling A Scandal - Storyville

## ITV2

Freeview 6 Freesat 113 Sky 118 Virgin 115  
7pm Secret Crush New. 8.0 Bob's Burgers  
9.0 Bad Chefs New. The contestants cook a  
curry. 10.0 The Emily Attack Show New. 10.45  
Family Guy 11.45-12.15am American Dad!

## ITV3

Freeview 10 Freesat 115 Sky 119 Virgin 117  
7pm Heartbeat 8.0 Midsomer Murders  
10.0-12.0 Van Der Valk

## ITV4

Freeview 26 Freesat 117 Sky 120 Virgin 118  
7.20pm FILM: A View To A Kill (PG/1985)  
10.0 All Elite Wrestling: Rampage 11.10-  
1.15am FILM: Jaws 3 (12/1983)

## E4

Freeview 13 Freesat 122 Sky 135 Virgin 106  
7pm Hollyoaks New. 7.30 The Farmer  
Wants A Wife: Australia New. 8.35 The  
Big Bang Theory 9.0 Married At First  
Sight UK New. 10.0 The Big Blow Out New.  
11.05-12.05am Naked Attraction

## MORE4

Freeview 18 Freesat 124 Sky 136 Virgin 147  
6.55pm Escape To The Chateau 7.55 Great  
Canal Journeys 9.0 24 Hours In A&E 10.0  
999: What's Your Emergency? 11.05-  
12.10am 24 Hours In A&E

## SUSA

Freeview 21 Freesat 129 Sky 141 Virgin 153  
7pm NCIS 9.0 Law & Order: Criminal Intent  
Detective drama. 10.55-12.50am Law &  
Order: Special Victims Unit

## 5STAR

Freeview 32 Freesat 131 Sky 128 Virgin 151  
7pm Caught On Camera: Funniest Moments  
Videos of people having very bad days. 8.0  
999: Criminals Caught On Camera 9.0  
Bargain Brits On Benefits New. 10.0 999:  
Critical Condition 11.0-12.0 A&E After Dark

## DAVE

Freeview 19 Freesat 157 Sky 111  
7pm Richard Osman's House Of Games 7.40  
QI 8.20 Would I Lie To You? 9.0 QI XL 10.0 Mel  
Giedroyc: Unforgivable New. 11.0-12.0 QI

## DRAMA

Freeview 20 Freesat 158 Sky 143 Virgin 130  
6.40pm 'Allo 'Allo! 7.20 Last Of The Summer  
Wine 8.0 Dalziel & Pascoe 10.0 New Tricks  
11.20-12.40am Spooks

## QUEST

Freeview 12 Freesat 172 Sky 144 Virgin 169  
7pm Outback Opal Hunters 8.0 Salvage  
Hunters 9.0 Peter Crouch: Save Our  
Beautiful Game New. 10.0 The Repair Shop  
11.0-12.0 How Do They Do It?

## SKY ARTS

Freeview 11 Freesat 147 Sky 130 Virgin 165  
7pm Classic Literature & Cinema 8.0  
Discovering: Nicole Kidman A profile of the  
actress. 9.0 Discovering Romance On Film

10.30 Wonderland: From JM Barrie To JRR  
Tolkien 11.30-12.30am Art Traffickers:  
Treasures Stolen From The Tombs

## YESTERDAY

Freeview 27 Freesat 159 Sky 155 Virgin 129  
7pm Fred Dibnah's Made In Britain 8.0 Great  
Continental Railway Journeys 9.0 Bangers  
And Cash 11.0-12.0 Abandoned Engineering

## GREAT! TV

Freeview 50 Freesat 142 Sky 157 Virgin 189  
7pm M\*A\*S\*H 9.0 Randall And Hopkirk  
(Deceased) 10.0 The Persuaders! 11.0-12.0  
Who Wants To Be A Millionaire?

## DIGITAL

**SKY SHOWCASE** Sky 106 Virgin 110  
7pm The Simpsons 8.0 A League Of Their  
Own (R) 9.0 The Blacklist New. 10.0-12.0  
FILM: Resident Evil (15/2002)

## SKY MAX

Sky 113 Virgin 122  
7pm Stargate SG-1 (R, 8.0 A League Of Their  
Own (R) 9.0 The Blacklist New. 10.0 Strike  
Back: Vendetta (R, 11.0 Fantasy Football  
League (R) 11.35-12.30am S.W.A.T (R,

## SKY ATLANTIC

Sky 108  
7.55pm Game Of Thrones (R) 9.0 This  
England (R) 10.05 House Of The Dragon (R)  
11.15-12.15am Munich Games (R)

## SKY WITNESS

Sky 107 Virgin 112  
7pm Nothing To Declare 8.0 Blue Bloods (R)  
9.0 Law & Order: Organized Crime New.  
10.0 Coroner (R) 11.0-12.0 Law & Order:  
Special Victims Unit (R)

## SKY COMEDY

Sky 114 Virgin 135  
7pm Everybody Hates Chris 7.30 The Office  
(US) 9.0 The Rehearsal Nathan re-evaluates

his entire project. 9.35 Somebody Somewhere  
10.05 Bounty Hunters 11.05-12.0 The Late  
Late Show With James Corden New.

## GOLD

Sky 110 Virgin 124  
7pm Dad's Army 8.20 The Vicar Of Dibley  
9.20 Mrs Brown's Boys 10.0 The Real McCoy  
10.40 I'm Alan Partridge Alan seeks  
excitement. 11.20-12.0 Mrs Brown's Boys

## DISCOVERY

Sky 129 Virgin 266  
7pm Junkyard Empire 8.0 Railroad Alaska  
9.0 Gold Rush New. 11.0-12.0 Yukon Men

## NATIONAL GEOGRAPHIC

Sky 121 Virgin 266  
7pm Air Crash Investigation 8.0 Alaska:  
The Next Generation New. 9.0 Banged Up  
Abroad New. 10.0 Narco Wars: Chasing  
The Dragon 11.0-12.0 Mayday

## SKY DOCUMENTARIES

Sky 121 Virgin 278  
7pm The Movies (R) 8.0 UFO (R) 9.0-  
12.10am What's My Name: Muhammad Ali

## COMEDY CENTRAL

Sky 112 Virgin 181  
7pm Friends 9.0 FILM: Sex And The City 2  
(15/2010) 11.50-12.20am South Park

## PBS AMERICA

Freesat 155 Sky 174 Virgin 273  
6pm Ancient Invisibles Cities 7.20 Heroes On  
Deck: Second World War On Lake Michigan  
8.30 The Civil War 10.0 Ancient Invisibles  
Cities 11.15-12.0 Beautiful Serengeti

## FILMS

## SKY CINEMA PREMIERE

Sky 301 Virgin 401  
6.25pm FILM: Shark Bait (15/2022) 8.0 FILM:  
Clean (15/2021) 9.45 FILM: She Will (15/2021)  
11.35-1.15am FILM: Stowaway (15/2022)

## TALKING PICTURES TV

Freeview 82 Freesat 306 Sky 328 Virgin 445  
6.35pm FILM: Final Appointment  
(PG/1954) 8.0 Maigret 9.05 Van Der  
Valk 11.15-12.15am Public Eye

## GREAT! MOVIES

Freeview 34 Freesat 302 Sky 321 Virgin 425  
6.25pm FILM: Eat Pray Love (15/2010)  
9.0 FILM: Limitless (15/2011) 11.05-1am  
FILM: Johnny Mnemonic (15/1995)

## FILM4

Freeview 16 Freesat 300 Sky 313 Virgin 428  
5.10pm Titanic (12/1997) 9.0 The Hitman's  
Bodyguard (15/2017) 11.20-1.35am  
Animal Kingdom (18/2010)

## SPORT

## SKY SPORTS MAIN EVENT

Sky 401 Virgin 511  
7pm Gillette Labs Soccer Special 7.30  
**PICK LIVE EFL** Cardiff City v Blackburn  
Rovers (kick-off 8.00pm). 10.0-12.0  
**LIVE** World Grand Prix Darts

## EUROSPORT 1

Sky 410 Virgin 521  
12.45-1.45pm **LIVE** Cycling: Binche-  
Chimay-Binche 2.0-4.0 **LIVE** Cycling:  
Binche-Chimay-Binche 6.0 Snooker:  
World Championship 8.0 Cycling: Binche-  
Chimay-Binche 10.0 Tennis: Laver Cup  
11.0-12.0 Triathlon: Super League

## BT SPORT 1

Sky 413 Virgin 527  
1.0-3pm **LIVE** Uefa Youth League 5.30  
**PICK LIVE** Uefa Champions League  
Marseille v Sporting Lisbon (kick-off  
5.45pm). 7.45 **LIVE** UCL Goals Show  
10.15-12.45am **WWE** Monday Night Raw  
1am-3.15am **LIVE** WWE NXT



# WEDNESDAY OCTOBER 5

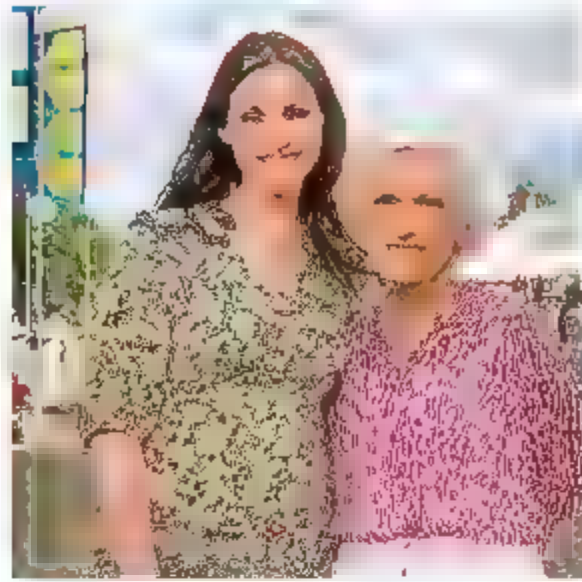
## BBC1



**EastEnders, 7.30pm** Jay discovers Lola has organised a party for him

- 6.00 **Breakfast**
- 9.15 **Rip Off Britain**
- 10.00 **Crimewatch Live** Appeals for information from the public about crimes
- 10.45 **Paramedics On Scene** (R)
- 11.15 **Homes Under The Hammer** The progress of properties in Burnley, Lowestoft and Shropshire.
- 12.15 **Bargain Hunt** (R)
- 1.00 **BBC News; Weather**
- 1.30 **Regional News; Weather**
- 1.45 **Doctors** Scarlett starts a new job and meets someone in need.
- 2.15 **London Kills** (R)
- 3.00 **Escape To The Country** A couple search Powys for a house with an annexe.
- 3.45 **Antiques Road Trip**
- 4.30 **The Tournament** Knockout quiz hosted by Alex Scott.
- 5.15 **Pointless** Quiz show hosted by Alexander Armstrong, with Sally Lindsay.
- 6.00 **BBC News; Weather**
- 6.30 **Regional News; Weather**
- 6.55 **Party Political Broadcast** (R)
- 7.00 **The One Show** Magazine show presented by Alex Jones and Jermaine Jenas
- 7.30 **EastEnders** Jonah confronts Sam for the remainder of his money.
- 8.00 **The Repair Shop** 14/14 A pair of siblings enter the barn with a 50-year-old toy.
- 9.00 **[PICK] Ralph & Katie** 1/6 A newlywed couple with Down's syndrome handle daily life. Drama with Leon Harrop and Sarah Gordy.
- 9.30 **[PICK] Ralph & Katie** 2/6 A mysterious Valentine's card makes Ralph question what he knows about love.
- 10.00 **BBC News At Ten**
- 10.30 **Regional News; Weather**
- 10.40 **[PICK] Benn v Eubank - Born Rivals** The sporting rivalry between the Eubank and Benn families, whose roots are entangled in the sport of boxing.
- 11.40 **Ladhood** 3/6 Having secured a promotion, Liam finds himself morally compromised. (R)
- 12.05 **Ladhood** (R)
- 12.35 **BBC News**

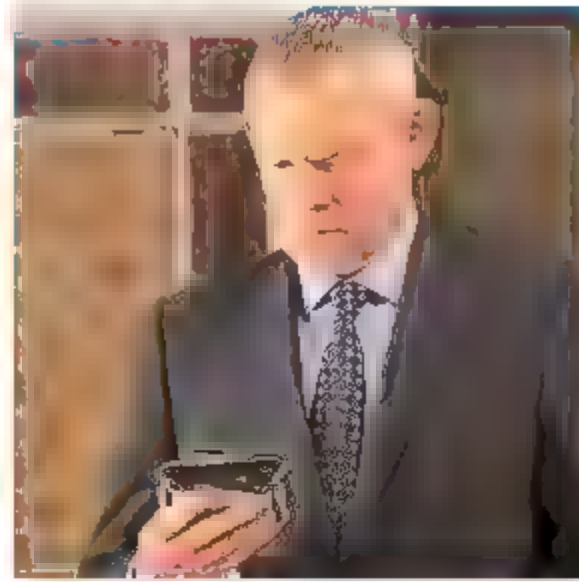
## BBC2



**Mary Berry - Cook & Share, 8pm** With singer Sophie Ellis-Bextor

- 6.30 **Escape To The Country** (R)
- 7.15 **Antiques Road Trip** (R)
- 8.00 **Sign Zone: See Hear** A tribute to Her Majesty Queen Elizabeth II
- 8.30 **Mortimer & Whitehouse: Gone Fishing** (R)
- 9.00 **BBC News**
- 10.00 **BBC News**
- 10.30 **Politics Live Conference** 2022 The Conservative Party conference.
- 12.30 **Coast** (R)
- 1.00 **Chase The Case** (R)
- 1.45 **Eggheads** (R)
- 2.15 **Glorious Gardens From Above** (R)
- 3.00 **Flipping Profit** (R)
- 3.45 **Home Is Where The Art Is** (R)
- 4.30 **Murder, Mystery And My Family** (R)
- 5.15 **Flog It!** (R)
- 6.00 **Richard Osman's House Of Games** Quiz show.
- 6.30 **Strictly: It Takes Two**
- 7.00 **Villages By The Sea** Exploring Parkgate on the estuary of the River Dee.
- 7.30 **Iolo: A Wild Life** 7/8 Iolo Williams recalls 800 ravens roosting in Newborough Forest.
- 8.00 **Mary Berry - Cook & Share** 5/6 Mary heads to a festival in the grounds of Cornbury Park.
- 8.30 **Nadiya's Everyday Baking** 5/6 Nadiya Hussain creates a selection of breakfasts ideal for the weekend.
- 9.00 **[PICK] Head On: Rugby, Dementia & Me** Former England hooker Steve Thompson discusses being diagnosed with early onset dementia.
- 10.05 **How To With John Wilson** 5/6 Exploring the complex art of splitting the bill.
- 10.30 **Newsnight; Weather**
- 11.15 **Unspun World With John Simpson** News stories.
- 11.40 **Mock The Week** 3/7 (R)
- 12.15 **Sign Zone: See Hear** (R)
- 12.45 **Ambulance** (R)
- 1.45 **All That Glitters: Britain's Next Jewellery Star** (R)
- 2.45 **Why Kids Miss School - Panorama** (R)
- 3.15 **Saving Lives At Sea** (R)

## ITV



**Doc Martin, 9pm** An unexpected visitor descends on the doctor

- 6.00 **Good Morning Britain** News, current affairs and lifestyle features.
- 9.00 **Lorraine** Entertainment and fashion news.
- 10.00 **This Morning** Celebrity chat and lifestyle features.
- 12.30 **Loose Women** Topical debate from a female perspective.
- 1.30 **ITV News; Weather**
- 1.55 **Local News; Weather**
- 2.00 **Dickinson's Real Deal** David Dickinson and his team of experts are in Weston-super-Mare.
- 3.00 **Tenable** Five friends take part in the quiz.
- 4.00 **Tipping Point** Quiz hosted by Ben Shephard.
- 5.00 **The Chase** Quiz show hosted by Bradley Walsh.
- 6.00 **Local News; Weather**
- 6.25 **Party Political Broadcast** By the Conservative Party.
- 6.30 **ITV News; Weather**
- 7.30 **Emmerdale** Mack makes a secret rendezvous and Kerry jumps to the wrong conclusion.
- 8.00 **Coronation Street** Aaron's father causes a scene at the garage, and Wendy admits to Ken that she shares his feelings.
- 9.00 **Doc Martin** 5/8 Louisa is shocked by and Martin suspicious of the return of her father, while a caravan squatter thwarts Bert's dreams of making a quick buck.
- 10.05 **ITV News; Weather**
- 10.35 **Local News; Weather**
- 10.50 **Peston** Political magazine show presented by Robert Peston, featuring major interviews with MPs, topical guests and cultural figures.
- 11.45 **Heathrow: Britain's Busiest Airport** 11/12 A series of VIPs travel through Heathrow Airport terminals. (R)
- 12.10 **English Football League Highlights**
- 1.25 **Shop: Ideal World**
- 3.00 **Putting Teeth: The End Of NHS Dentistry?** Tonight (R)
- 3.25 **Unwind With ITV**
- 4.40 **The Masked Dancer** (R)

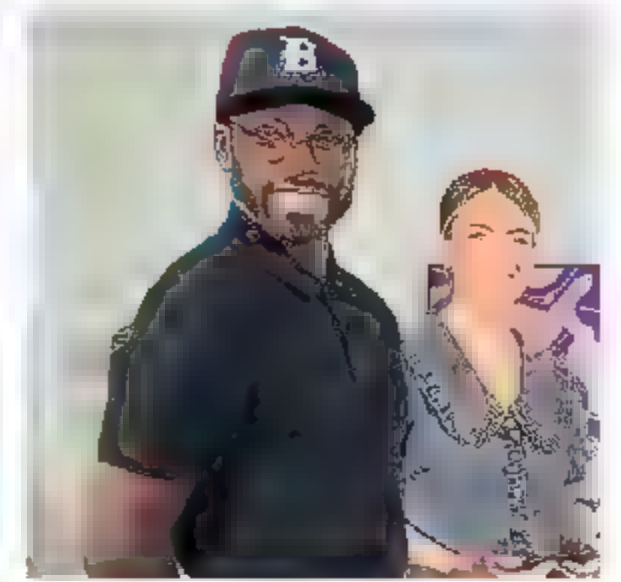
## CHANNEL 4



**Handmade: Britain's Best Woodworker, 8pm** The judges

- 6.00 **Find It, Fix It, Flog It** (R)
- 6.10 **Countdown** (R)
- 6.50 **3rd Rock From The Sun** (R)
- 7.35 **Everybody Loves Raymond** (R)
- 9.00 **Frasier** (R)
- 10.30 **Ramsay's Kitchen Nightmares USA** (R)
- 11.25 **Channel 4 News Summary**
- 11.30 **Help! We Bought A Village** Documentary. (R)
- 12.30 **Steph's Packed Lunch** Weekday magazine show hosted by Steph McGovern.
- 2.10 **Countdown** Pat Nevin is in Dictionary Corner.
- 3.00 **A Place In The Sun** (R)
- 4.00 **Renovation Nation** Tade and Tobi take on the bedroom and bathroom in their Edwardian London villa.
- 5.00 **Four In A Bed** The B&Bers head to The Swan Inn in Letton, Herefordshire
- 5.30 **The Perfect Pitch** The campers pitch up at Ben Nevis Holiday Park.
- 6.00 **The Simpsons** Bart sees into the future. (R)
- 6.30 **Hollyoaks** (R)
- 7.00 **Channel 4 News**
- 8.00 **Handmade: Britain's Best Woodworker** The craftspeople create a high-quality toy inspired by their own childhoods.
- 9.00 **Grand Designs** Kevin McCloud meets retired racehorse breeder John and his wife Helen.
- 10.00 **Nine Perfect Strangers** 2/8 The guests begin to doubt the retreat's unconventional methods.
- 11.05 **24 Hours In A&E** Featuring a motorcyclist who lost control and went over the handlebars. (R)
- 12.10 **Taskmaster** (R)
- 1.05 **The Great British Bake Off: An Extra Slice** (R)
- 2.00 **George Clarke's Amazing Spaces** Small builds. (R)
- 2.55 **FILM: February** (15/2015) Horror starring Emma Roberts and Lucy Boynton.
- 4.25 **Ramsay's Kitchen Nightmares USA** (R)
- 5.15 **George Clarke's Flipping Fast** Reality challenge. (R)

## CHANNEL 5



**The Gadget Show: Better Tech, Better Life, 7pm** Better speakers

- 6.00 **Milkshake!** Children's shows including 8.00 **The Adventures Of Paddington** (R) 8.15 **Ricky Zoom** (R) 8.30 **Peppa Pig** (R) 8.40 **Daisy & Ollie** (R) 8.50 **Odo** (R) 8.55 **Kangaroo Beach** (R) 9.10 **Sunny Bunnies** (R)
- 9.15 **Jeremy Vine** The broadcaster discusses the issues of the day.
- 12.45 **Holiday Homes In The Sun** Poolside holiday homes on the Playa Blanca, Lanzarote.
- 1.40 **News**
- 1.45 **Home And Away** Cash is fixated on the engagement ring he bought for Jasmine.
- 2.15 **FILM: Finding Emma** (PG/2021) Premiere. Thriller starring Jessica Morris.
- 4.00 **Bargain-Loving Brits In The Sun** Documentary.
- 5.00 **News**
- 6.00 **Cash In The Attic** Chris Kamara and Paul Hayes are in Stockport. (R)
- 6.55 **News**
- 7.00 **The Gadget Show: Better Tech, Better Life** 2/12 Ortis and Georgie help a party-loving couple upgrade their speaker set-up.
- 7.55 **News**
- 8.00 **Car Pound Cops** 1/8 Following the work of recovery crews as they trace, track and tow vehicles driven illegally on Britain's roads.
- 9.00 **The Body In The Bag** The case of Gareth Williams, who was found dead in the bath of his London flat in 2010.
- 10.30 **Ambulance: Code Red** 8/10 Paramedic Fay is dispatched to the scene of a serious motorbike crash. (R)
- 11.30 **A&E After Dark** 4/10 (R)
- 12.30 **999: Criminals Caught On Camera** (R)
- 12.55 **Entertainment News On 5**
- 1.00 **The LeoVegas Live Casino Show** Interactive gambling.
- 3.00 **Entertainment News On 5**
- 3.10 **1971: Britain's Biggest 70s Hits** Musical highs. (R)
- 4.20 **Amazing Cakes & Bakes** (R)
- 5.05 **Wildlife SOS** (R)
- 5.30 **Peppa Pig** (R)
- 5.35 **Paw Patrol** (R)



## PICK OF THE DAY

## Ralph &amp; Katie

BBC1, 9pm &amp; 9.30pm

This heartwarming new drama spin-off from *The A Word* – penned by that show's writer and creator, Peter Bowker – follows Ralph and Katie (Leon Harrop and Sarah Gordy, right), who both have Down's syndrome, as they set up home as a married couple. The six-part series follows them over their first year of marriage, beginning with an emotional double bill.

First, their bliss is threatened when Katie invites a friend who's been dumped to stay – prompting Ralph to ask whose home it is anyway. Then Katie gets a Valentine's card from a mysterious sender, leaving Ralph wondering who it's from.

There's humour aplenty in a rich script that doesn't shy away from the challenges the couple encounter in their lives together. The whole series will be available on BBC iPlayer immediately after part two. ★★★★★



## RADIO

## Radio 3 In Concert

Radio 3, 7.30pm

Sakari Oramo (right) conducts Rachmaninov's Piano Concerto No 2 with soloist Boris Giltburg, and there's also a Sophie Lacaze premiere.



## Huw Brentnall's Drama:

**About A Dog** (Radio 4, 2.15pm) is a dark comedy starring Felix Uff as Danny, who hits a pheasant with his van. The incident triggers an unfortunate series of events involving a crate of home brew, an assault on a police officer and a small dog.

**The Compass: On The Border** (BBC World Service, 8pm) explores the challenges facing four communities which sit on borders, starting with Maastricht in the Netherlands.

## SPORT

## Live Uefa Champions

League BT Sport 1, 5.30pm;

BT Sport 2, 7pm; BT Sport 3, 7.15pm

&amp; BT Sport 4, 5pm &amp; 8.15pm

A busy night includes Celtic's trip to RB Leipzig (BT4, kick-off 5.45pm), Chelsea's clash with AC Milan (BT2) and Manchester City's encounter with FC Copenhagen (BT3). **Live EFL** (Sky Sports Main Event, 7.30pm) sees Preston take on West Bromwich Albion as both try to kick-start their campaigns (kick-offs 8pm).

## SPORT

## Benn v Eubank – Born Rivals

BBC1, 10.40pm

How the boxing rivalry between Nigel Benn and Chris Eubank is being carried on by their sons Conor and Chris Jr. ★★★★★



## DOCUMENTARY

## Head On: Rugby, Dementia &amp; Me

BBC2, 9pm  
In late 2020, former England hooker Steve Thompson (above) was diagnosed with a degenerative brain condition linked to repetitive trauma to the head. Now he's opening up about his experiences of living with early-onset dementia at the age of only 44, speaking to other former players and asking whether the rugby authorities are doing enough to prevent head injuries. ★★★★★

## DOCUMENTARY

## Matt Baker: Our Farm In The Dales

More4, 9pm

Cameras return to the Bakers' organic sheep farm in the Durham hills. All three generations of the family have been working hard to make some big changes, but the worst storm to hit the farm in living memory threatens to undo much of their progress. With the help of his friends, can Matt (right) find a way to get back on track before the weather turns again? ★★★★★



## DRAMA

## Kenneth Branagh Remembers – Billy Plays

BBC4, 10pm  
The actor reflects on the acclaimed 1980s trilogy in which he played the

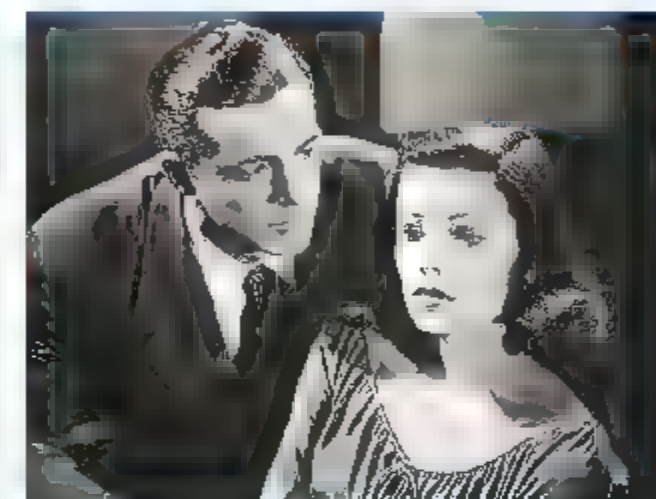
son of a Belfast family. It's followed by a chance to see **Too Late To Talk To Billy** (10.15pm) and **A Matter Of Choice For Billy** (11.40pm). ★★★★★

## ARTS

## Portrait Artist Of The Year 2022

Sky Arts, 8pm  
A new group of artists are battling it out for the title – as well as a £10,000 commission to paint Sir Lenny Henry in a work that will be exhibited at the National Portrait Gallery as part of its 2023 re-opening. To get through the first heat though they must impress the judges with their depictions of sitters Elizabeth Day, Khadija Mellah and Nick Grimshaw. ★★★★★

## FILM



## Laura

(1944) Talking Pictures TV, 4.55pm

Otto Preminger's classic film noir stars Dana Andrews as a detective who becomes increasingly obsessed with the life of a beautiful murder victim (Gene Tierney, above with Andrews). However, it's the supporting cast of suspects that run off with the film, Clifton Webb in particular. ★★★★★

## FREEVIEW AND SATELLITE CHANNELS

## FREEVIEW

## BBC3

Freeview 23 Freesat 179 Sky 117 (London 173 Scot 141)  
7pm Top Gear 8.0 Hire Me: Competing For A Dream Job New. 8.30 Fighting For Fashion – We Are England 9.0 Sexsomnia: Case Closed? New. 9.55 Skinny Fat 10.0-12.05am FILM: Queen & Slim (15/2019)

## BBC4

Freeview 9 Freesat 107 Sky 116 Virgin 108  
7pm BBC Young Musician 2022: Percussion Final Highlights New. 8.0 From Ice To Fire: The Incredible Science Of Temperature 9.0 Uprising 10.0 PICK Kenneth Branagh Remembers – Billy Plays New. 10.15 PICK Too Late To Talk To Billy 11.40-1.05am PICK A Matter Of Choice For Billy

## ITV2

Freeview 6 Freesat 113 Sky 118 Virgin 115  
7pm Secret Crush New. 8.0 Bob's Burgers 9.0 Bad Chefs New. 10.0 Family Guy 11.25-12.25am American Dad!

## ITV3

Freeview 10 Freesat 115 Sky 119 Virgin 117  
7pm Heartbeat A thief disguises himself as a police officer. 8.0 Lewis 10.0-12.0 Van Der Valk

## ITV4

Freeview 26 Freesat 117 Sky 120 Virgin 118  
7pm River Monsters 8.0 The Grand Fishing Adventure 9.0 The Motorbike Show New. 10.05 Made In Britain 10.30-12.0 LIVE English Football League Highlights

## E4

Freeview 13 Freesat 122 Sky 135 Virgin 106  
7pm Hollyoaks New. 7.30 The Farmer Wants A Wife: Australia New. 9.0 Married At First Sight UK New. 10.0 Send Nudes: Body SOS New. 11.0-12.05am Gogglebox

## MORE4

Freeview 18 Freesat 124 Sky 136 Virgin 147  
6.55pm Escape To The Chateau 7.55 Great Canal Journeys 9.0 PICK Matt Baker: Our Farm In The Dales New. The worst storm to hit the farm in living memory strikes. 10.0 Grand Designs Australia New. 11.10-12.10am 8 Out Of 10 Cats Does Countdown

## SUSA

Freeview 21 Freesat 129 Sky 141 Virgin 153  
7pm NCIS 9.0 Criminal Minds 10.55-12.50am Law & Order: Special Victims Unit

## 5STAR

Freeview 32 Freesat 131 Sky 128 Virgin 151  
7pm GPs: Behind Closed Doors 8.0 Casualty 24/7: Every Second Counts 9.0 Call The Bailiffs: Time To Pay Up 10.0 Kill Thy Neighbour 11.0-12.0 Skin A&E

## DAVE

Freeview 19 Freesat 157 Sky 111  
7pm Richard Osman's House Of Games 7.40 QI 8.20 Would I Lie To You? 9.0 QI XL 10.0 Mock The Week 10.40-12.0 Would I Lie To You?

## DRAMA

Freeview 20 Freesat 158 Sky 143 Virgin 130  
6.40pm 'Allo 'Allo! 7.15 Last Of The Summer Wine 8.0 The Coroner 9.0 Whitechapel 10.0-12.0 New Tricks Pilot episode

## QUEST

Freeview 12 Freesat 172 Sky 144 Virgin 169  
7pm Outback Opal Hunters 8.0 Salvage Hunters 10.0 American Pickers New. 11.0-12.0 How Do They Do It?

## SKY ARTS

Freeview 11 Freesat 147 Sky 130 Virgin 165  
7pm Landscape Artist Of The Year 2017 8.0 PICK Portrait Artist Of The Year 2022 New. 9.0 Celebrity Portrait Artist Of The Year 10.0 The Art Mysteries 11.0-12.0 The Eighties

## YESTERDAY

Freeview 27 Freesat 159 Sky 155 Virgin 129  
7pm Fred Dibnah's Made In Britain 8.0 Secrets Of Britain 9.0 Bangers And Cash 11.0-12.0 Abandoned Engineering

## GREAT! TV

Freeview 50 Freesat 142 Sky 157 Virgin 189  
7pm M\*A\*S\*H 9.0 Randall And Hopkirk (Deceased) 10.0 The Persuaders! 11.0-12.0 Who Wants To Be A Millionaire?

## DIGITAL

## SKY SHOWCASE

Sky 106 Virgin 110  
7pm The Simpsons 8.0 Portrait Artist Of The Year 2022 New. 9.0 Never Mind The Buzzcocks New. (R) 9.45 Brassic New. 10.45 Fantasy Football League (R) 11.20-12.05am The Russell Howard Hour (R)

## SKY MAX

Sky 113 Virgin 122  
7pm Stargate SG-1 (R) 8.0 SEAL Team (R) 9.0 Never Mind The Buzzcocks New. (R) 9.45 Brassic New. 10.45-11.20pm Fantasy Football League (R)

## SKY ATLANTIC

Sky 108  
6.50pm The Sopranos (R) 7.55 Game Of Thrones (R) 9.0 This England New. 10.10 Domina (R) 11.10-12.15am Succession (R)

## SKY WITNESS

Sky 107 Virgin 112  
7pm Nothing To Declare 8.0 Blue Bloods (R) 9.0 New Amsterdam New. 10.0 Bull New. 11.0-12.0 Law & Order: Special Victims Unit (R)

## SKY COMEDY

Sky 114 Virgin 135  
7pm Everybody Hates Chris 7.30 The Office (US) 9.0 Curb Your Enthusiasm 9.45 Vice Principals 11.0-12.0 The Late Late Show With James Corden New.

## GOLD

Sky 110 Virgin 126  
7pm Dad's Army 7.40 Dad's Army: The Lost Episodes 8.20 The Vicar Of Dibley 9.20 Mrs Brown's Boys 10.0 The Real McCoy 10.40-11.40pm Live At The Apollo

## DISCOVERY

Sky 125 Virgin 250  
7pm Junkyard Empire 8.0 Railroad Alaska 9.0 Deadliest Catch 10.0 Mysteries Of The Deep 11.0-12.0 Jeremy Wade's Dark Waters

## NATIONAL GEOGRAPHIC

Sky 129 Virgin 266  
8pm Airport Security: Rome 9.0 Narco Wars: Chasing The Dragon New. 10.0 Sex For Sale: American Escort 11.0-12.0 Air Crash Investigation

## SKY DOCUMENTARIES

Sky 121 Virgin 278  
7pm The Movies (R) 8.0 UFO (R) 9.0 FILM: Going Clear: Scientology And The Prison Of Belief (15/2015) (R) 11.20-1.20am FILM: The Return: Life After Isis (15/2021) (R)

## COMEDY CENTRAL

Sky 112 Virgin 181  
7pm Friends 9.0 At Murray Live – Barrel Of Fun 10.0 Doug Stanhope: Comedy Central Live New. 10.30 Kristen Schaal: Comedy Central Live New. 11.0-12.0 South Park

## PBS AMERICA

Freesat 155 Sky 174 Virgin 273  
7.30pm Lost And Found: The Search For The USS Lagarto 8.40 The Civil War 10.15-11.30pm Ancient Invisible Cities

## FILMS

## SKY CINEMA PREMIERE

Sky 301 Virgin 401  
6pm FILM: Last Looks (15/2021) 8.0 FILM: She Will (15/2021) 9.50 FILM: Shark Bait (15/2022) 11.30-1.20am FILM: Stowaway (15/2022)

## TALKING PICTURES TV

Freeview 82 Freesat 306 Sky 328 Virgin 445  
6.50pm The Edgar Wallace Mystery Theatre 8.0 The Onedin Line 9.0 FILM: Music Box (15/1989) 11.30-12.0 One Step Beyond

## GREAT! MOVIES

Freeview 34 Freesat 302 Sky 321 Virgin 425  
6.40pm FILM: Hitch (12/2005) 9.0 FILM: 13 (15/2010) Thriller remake. 10.50-12.40am FILM: Bronson (18/2008)

## FILM4

Freeview 14 Freesat 300 Sky 313 Virgin 428  
6.55pm Home Alone (PG/1990) 9.0 The Great Debaters (12/2007) 11.30-1.40am Night School (15/2018)

## SPORT

## SKY SPORTS MAIN EVENT

Sky 401 Virgin 511  
7pm Gillette Labs Soccer Special 7.30 PICK LIVE EFL Preston North End v West Bromwich Albion (kick-off 8.00pm). 10.0 LIVE World Grand Prix Darts Day three. 11.0-12.0 Sky Sports News

## EUROSPORT 1

Sky 410 Virgin 521  
6pm Snooker: European Masters 8.0 Cycling: CRO Race 9.0 Cycling: Coppa Bernocchi 10.0 Discovery Golf 10.30 Cycling: Tour Of Taiwan 11.0-12.0 Triathlon: Super League

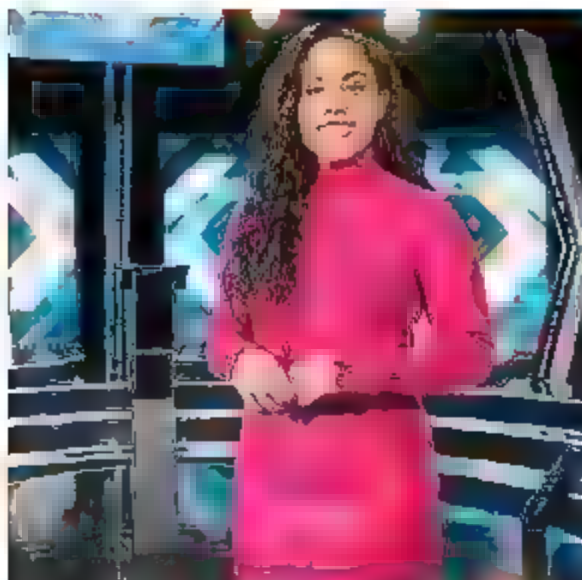
## BT SPORT 1

Sky 413 Virgin 527  
9am-1pm LIVE T20 Cricket 3.0-5pm LIVE Uefa Youth League 5.30 PICK LIVE Uefa Champions League RB Salzburg v Dinamo Zagreb (kick-off 5.45pm). 7.45 LIVE UCL Goals Show 10.15 The Football's On 11.15 Around The Block 11.30 Serie A – Full Impact 12.0-2am LIVE Canadian Premier League



# THURSDAY OCTOBER 6

## BBC1



**The Tournament, 4.30pm**  
Alex Scott hosts the challenge

- 6.00 Breakfast**  
**9.15 Rip Off Britain**  
**10.00 Crimewatch Live** Appeals for information from the public about crimes  
**10.45 Paramedics On Scene (R)**  
**11.15 Homes Under The Hammer** Looking at properties in the West Midlands, South Wales and Norwich.  
**12.15 Bargain Hunt (R)**  
**1.00 BBC News; Weather**  
**1.30 Regional News; Weather**  
**1.45 Doctors** Emma gets to know her new neighbour.  
**2.15 London Kills (R)**  
**3.00 Escape To The Country (R)**  
**3.45 Antiques Road Trip** Roo Irvine and Mark Hill scour the Highlands and Islands for antiques.  
**4.30 The Tournament** Knockout quiz hosted by Alex Scott.  
**5.15 Pointless** Quiz show hosted by Alexander Armstrong, with Sally Lindsay.  
**6.00 BBC News; Weather**  
**6.30 Regional News; Weather**  
**7.00 The One Show** Live show featuring celebrity chat and stories of interest.  
**7.30 EastEnders** Vinny visits his dad Nish in prison, and is surprised by his affection. While Nish reminisces about old times, Vinny is more interested to know why he was asked to be there.  
**8.00 [PICK] Unbreakable** 1/6 Denise Welch, Stephen Bailey, Simon Weston, Shirley Ballas, Charlie Mullins and Shanaze Reade and their partners compete to prove they have the strongest relationship.  
**9.00 [PICK] Ambulance** 6/6 Crewmates Paula and Phil attend a patient who is feeling suicidal. The call out takes a turn when their charge begins hallucinating in the ambulance.  
**10.00 BBC News At Ten**  
**10.30 Regional News; Weather**  
**10.40 Question Time** Fiona Bruce hosts the political debate from London.  
**11.40 Newscast**  
**12.10 Question Of Sport (R)**  
**12.45 BBC News**

## BBC2



**Richard Osman's House Of Games, 6pm** With Kerry Howard

- 6.30 Escape To The Country (R)**  
**7.15 Antiques Road Trip (R)**  
**8.00 Sign Zone: Gardeners' World (R)**  
**9.00 BBC News**  
**10.00 BBC News**  
**12.15 Politics Live** Stories from Westminster and beyond.  
**1.00 Chase The Case (R)**  
**1.45 Eggheads (R)**  
**2.15 Glorious Gardens From Above (R)**  
**3.00 Flipping Profit (R)**  
**3.45 Home Is Where The Art Is** Nick Knowles presents. (R)  
**4.30 Murder, Mystery And My Family (R)**  
**5.15 Flog It! (R)**  
**6.00 Richard Osman's House Of Games** With Toby Anstis, Kerry Howard, Evelyn Mok and Joe Sugg.  
**6.30 Strictly: It Takes Two** Janette Manrara presents all the backstage gossip from the world of Strictly.  
**7.00 Villages By The Sea** Ben Robinson visits Laxey on the Isle of Man.  
**7.30 Iolo: A Wild Life** 8/8 Iolo Williams recalls one of his first appearances on TV back in 1996.  
**8.00 Saving Lives At Sea** 6/10 In Eastbourne, on the Sussex coast, a boat catches fire just outside the harbour.  
**9.00 Remarkable Places To Eat** Nadiya Hussain takes Fred Sirieix to visit some of her favourite eateries around Yorkshire. (R)  
**10.00 QI** 14/18 With Tom Allen, Ed Gamble, Alan Davies and Maggie Aderin-Pocock. (R)  
**10.30 Newsnight; Weather**  
**11.15 Martin Compston's Scottish Fling** 4/6 Martin and Phil MacHugh explore the Highlands. (R)  
**11.45 Sensationalists: The Bad Girls And Boys Of British Art** 2/3 How young creatives changed the face of art in Britain during the 1990s  
**12.45 Sign Zone: Martin Compston's Scottish Fling** Travel show. (R)  
**1.15 Strictly Come Dancing (R)**  
**3.30 Strictly Come Dancing: The Results (R)**

## ITV



**Tipping Point, 4pm** Ben Shephard meets more new contestants

- 6.00 Good Morning Britain** News, current affairs and lifestyle features.  
**9.00 Lorraine** Entertainment and fashion news.  
**10.00 This Morning** Celebrity chat and lifestyle features.  
**12.30 Loose Women** The ladies put the world to rights.  
**1.30 ITV News; Weather**  
**1.55 Local News; Weather**  
**2.00 Dickinson's Real Deal** David Dickinson is at the seaside town of Bridlington.  
**3.00 Tenable** A family team of five members answers questions about top 10 lists.  
**4.00 Tipping Point** Quiz hosted by Ben Shephard.  
**5.00 The Chase** Quiz show hosted by Bradley Walsh.  
**6.00 Local News; Weather**  
**6.30 ITV News; Weather**  
**7.30 Emmerdale** Kerry plans a surprise, Faith overhears a big secret and Wendy tries to reframe things for Harriet.  
**8.30 Cost Of Living: The Help You Need? Tonight** The UK remains on the precipice of a major cost-of-living crisis as a summer of anxiety gives way to a winter of desperation.  
**9.00 [PICK] DNA Journey** Kate Garraway and Alison Hammond find out about their family history, using a mix of DNA and genealogy, and meeting family members they never knew existed  
**10.15 ITV News; Weather**  
**10.45 Local News; Weather**  
**11.00 The Grand Fishing Adventure** Ali Hamidi and Bobby Zamora's bucket-list fishing tour of Britain begins in Shropshire. (R)  
**11.55 All Elite Wrestling: Rampage** Hard-hitting, high-flying wrestling action with many of AEW's biggest stars. Jim Ross, Excalibur, Tony Schiavone and Chris Jericho present.  
**12.50 Shop: Ideal World**  
**3.00 Everyone Can Rap (R)**  
**3.50 Unwind With ITV**  
**5.05 Dickinson's Real Deal (R)**

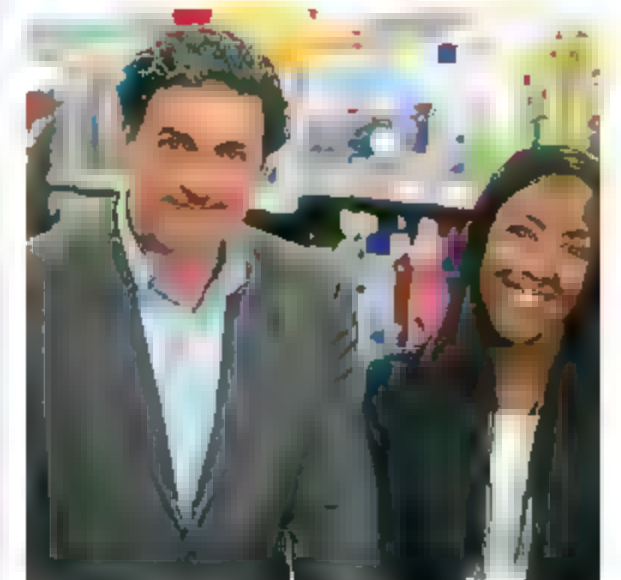
## CHANNEL 4



**Hollyoaks, 6.30pm** Lizzie takes in Sid's latest big announcement

- 6.10 Countdown (R)**  
**6.50 3rd Rock From The Sun (R)**  
**7.35 Everybody Loves Raymond (R)**  
**9.00 Frasier (R)**  
**10.30 Ramsay's Kitchen Nightmares USA (R)**  
**11.25 Channel 4 News Summary**  
**11.30 Help! We Bought A Village (R)**  
**12.30 Steph's Packed Lunch** Weekday magazine show.  
**2.10 Countdown** Pat Nevin is in Dictionary Corner.  
**3.00 A Place In The Sun (R)**  
**4.00 Renovation Nation** Tamsin and Nick try to keep their new kitchen on track before their baby arrives.  
**5.00 Four In A Bed**  
**5.30 The Perfect Pitch**  
**6.00 The Simpsons (R)**  
**6.30 Hollyoaks (R)**  
**7.00 Channel 4 News**  
**8.00 [PICK] My Grandparents' War: Toby Jones** The actor delves into the Second World War stories of his grandparents, Reggie and Doreen Heslewood, uncovering family secrets buried for decades.  
**9.00 Taskmaster** 2/10 Dara O Briain, Fern Brady, John Kearns, Munya Chawawa and Sarah Millican battle to win the elaborate joust to become the 14th Taskmaster champion.  
**10.00 [PICK] Jon Richardson: Take My Mother-In-Law** The comedian sets about finding his mother-in-law Gill somewhere to retire to – and quickly – before she moves in with him.  
**11.05 Hobby Man** 4/4 Chef Andi Oliver joins Alex Brooker on a trip around Yorkshire.  
**12.10 Make Me Prime Minister** Reality challenge. (R)  
**1.05 Ramsay's Kitchen Nightmares USA (R)**  
**1.55 The Simpsons (R)**  
**2.20 FILM: Skin** (15/2018) Crime drama starring Jamie Bell.  
**4.20 Autumn At Jimmy's Farm** Mating season begins. (R)  
**5.15 Couples Come Dine With Me** From the West Country. (R)

## CHANNEL 5



**Save Money On Your Supermarket Shop, 7pm** Making cheaper meals

- 6.00 Milkshake!** Children's shows including **8.00 The Adventures Of Paddington (R)** **8.15 Ricky Zoom (R)** **8.30 Peppa Pig (R)** **8.40 Daisy & Ollie (R)** **8.50 Odo (R)** **8.55 Kangaroo Beach (R)** **9.10 Sunny Bunnies (R)**  
**9.15 Jeremy Vine** The broadcaster discusses the issues of the day.  
**12.45 Holiday Homes In The Sun**  
**1.40 News**  
**1.45 Home And Away** Xander mulls over Rose's proposal to leave Summer Bay  
**2.15 FILM: The Lakehouse Murders** (12/2022) Thriller starring Tianna Nori.  
**4.00 Bargain-Loving Brits In The Sun** Documentary.  
**5.00 News**  
**6.00 Cash In The Attic** Jules Hudson and Jessica Forrester are in Surrey. (R)  
**6.55 News**  
**7.00 Save Money On Your Supermarket Shop** 5/6 Angellica Bell asks whether simple ingredient swaps make for cheaper meals.  
**7.55 News**  
**8.00 Westminster Abbey: Behind Closed Doors** 3/6 It's Holy Week and preparations at the Abbey are in full swing.  
**9.00 [PICK] All Creatures Great And Small** 4/6 James is finally succeeding with the farmers' uptake of the TB testing scheme.  
**10.00 Carol Drinkwater's Secret Provence** 1/6 The actress and author shares her love of Provence in the South of France. (R)  
**11.05 Caroline: The Murder That Fooled The World** The story of Caroline Crouch, who was found dead on her bed. (R)  
**12.35 Born To Kill? (R)**  
**1.20 The LeoVegas Live Casino Show** Interactive gambling.  
**3.20 Entertainment News On 5**  
**3.30 1972: Britain's Biggest Hits** Biggest-selling singles. (R)  
**4.45 Amazing Cakes & Bakes (R)**  
**5.30 Peppa Pig (R)**  
**5.35 Paw Patrol (R)**



## PICK OF THE DAY

## My Grandparents' War

Channel 4, 8pm

As the series in which celebrities look back on their families' wartime exploits concludes, we come to a particularly moving episode featuring the actor Toby Jones. This star of stage and screen has lit up everything from superhero epics to the cult comedy series *Detectorists*, but now we see his emotional true self as he responds to astonishing stories about his grandparents Reggie and Doreen Heslewood (right, with Jones inset).

Jones already knew the outlines of Reggie's war in the Far East, where he faced the Japanese armies in the jungles of India and Burma, but it's only now that he discovers the physical and mental scars that his grandfather was left with. As for Doreen, her service entertaining the British Army's troops proves to have been far more dangerous than Jones ever suspected. ★★★★★



## RADIO

## Drama: In Moderation

Radio 4, 2.15pm

Aisling Loftus (right) stars in Katie Bonna's drama as Esther, whose sister commits suicide after watching self-harm videos online. The tragic incident inspires Esther to become a moderator, but cleaning up the internet proves to be much more difficult and complex than she thought.



In *Live In Kyiv: Comedy From A War Zone* (Radio 4, 11.30am), stand-up Anton Tymoshenko, who went viral earlier this year with an English-language set, reveals what war in his country has taught him about comedy.

*Free Thinking* (Radio 3, 10pm) explores the topics of talking books and neurodiversity in fiction.

## DOCUMENTARY

## Ambulance

BBC1, 9pm

The current series comes to an end with an episode that was postponed following the death of the Queen. It sees crewmates Paula and Phil dealing with a suicidal patient who experiences hallucinations in the back of the ambulance. Meanwhile, Olivia has to cope with an aggressive caller, and Keigheley and Georgina treat a woman with breathing difficulties. ★★★★★



## ENTERTAINMENT

## Unbreakable BBC1, 8pm

Let's be honest, celebrities aren't always known for their stable love lives, but the six famous faces who have signed up for this series believe their relationships with their partners are so strong, they are willing to put them to the test on TV. Presenter Rob Beckett (above) looks on as stars including Denise Welch and Shirley Ballas and their other halves take on a series of mental, emotional and physical challenges. ★★★★★

## DOCUMENTARY

## DNA Journey ITV, 9pm

Two of the queens of daytime TV, Kate Garraway and Alison Hammond (below), are joining forces to look into their family histories. For Garraway, that means meeting cousins she never knew she had and uncovering a connection to an iconic character. There's also an emotional trip to Jamaica, which brings Hammond closer to her late mum and reveals an ancestor's amazing story. ★★★★★

## TRAVEL

## Jon Richardson: Take My Mother-In-Law Channel 4, 10pm

The comedian goes on a road trip across Spain with his mother-in-



law Gill. He's hoping to find her the perfect place in the sun where she can enjoy her retirement – mainly so she doesn't move into his spare room. ★★★★★

## SPORT

## Live Uefa Europa League BT Sport 1, 5.15pm &amp; BT Sport 2, 7.45pm

Manchester United head to the Tisno Stadium to face Omonia Nicosia (BT1, kick-off 5.45pm) before Arsenal host Bodo/Glimt (BT2, k.o. 8pm). In *Live Uefa Europa Conference League* (BT Sport 2, 5.15pm; BT Sport 4, 5.30pm & BT Sport 3, 7.30pm) West Ham take on Anderlecht, Molde play Shamrock Rovers (k.o.s 5.45pm) and Hearts encounter Fiorentina (k.o. 8pm).

## FILM



## Ali (2001) BBC4, 9pm

More than 20 years before he took a swing at Chris Rock at the Oscars, Will Smith (above) proved he was in fighting shape in director Michael Mann's impressive biopic of Muhammad Ali. It follows 10 momentous years in the boxer's life, from his 1964 fight with Sonny Liston to his Rumble In The Jungle with George Foreman. ★★★★★

**DRAMA**  
All Creatures Great And Small  
Channel 5, 9pm

Siegfried is even grumpier than usual when Tristan has a date with a rival's daughter, and James keeps a secret. ★★★★★

## FREEVIEW AND SATELLITE CHANNELS

## FREEVIEW

## BBC3

Freeview 23 Freesat 179 Sky 117 (London 173 Scot 141)  
7pm Top Gear 8.0 MOTDx 8.30 Hire Me: Competing For A Dream Job 9.0 RuPaul's Drag Race UK New 10.10 Ellie & Natasia 11.0-11.30pm BBC New Comedy Awards 2022

## BBC4

Freeview 9 Freesat 107 Sky 116 Virgin 108  
7pm BBC Young Musician: Keyboard Final Highlights New 8.0 Muhammad Ali: A Life In Ten Pictures 9.0 PICK FILM: Ali (15/2001) 11.30-1.15am FILM: Moonlight (15/2016)

## ITV2

Freeview 6 Freesat 113 Sky 118 Virgin 115  
7pm Secret Crush New 8.0 Bob's Burgers 9.0 Bad Chefs New 10.0 Shopping With Keith Lemon New 10.30-11.30pm Family Guy

## ITV3

Freeview 10 Freesat 115 Sky 119 Virgin 117  
7pm Heartbeat 8.0 Vera 10.0-12.0 DI Ray

## ITV4

Freeview 26 Freesat 117 Sky 120 Virgin 118  
7pm The Chase Celebrity Special 8.0 World Rally Championship Highlights 9.05 FILM: The Terminator (15/1984) 11.15-1.25am FILM: Predator (18/1987)

## E4

Freeview 13 Freesat 122 Sky 135 Virgin 106  
7pm Hollyoaks 7.30 The Farmer Wants A Wife: Australia New 8.35 The Big Bang Theory 9.0 Married At First Sight UK New 10.15 Dirty House Rescue: Queens Of Clean New 11.15-12.15am Gogglebox

## MORE4

Freeview 18 Freesat 124 Sky 136 Virgin 147  
6.55pm Escape To The Chateau 7.55 Great Canal Journeys 9.0 The Antiques Yard New

10.0 24 Hours In Police Custody 11.05-12.05am 24 Hours In A&E

## SUSA

Freeview 21 Freesat 129 Sky 141 Virgin 153  
7pm NCIS 9.0 Criminal Minds 10.55-12.50am Law & Order: Special Victims Unit

## STAR

Freeview 32 Freesat 131 Sky 128 Virgin 151  
7pm Bargain Brits On Benefits 8.0 Dirty Home Rescue 9.0 Kitter At The Crime Scene New 10.0 The Bay: The Murder Of Lynette White 11.55-12.55am My Son The Serial Killer

## DAVE

Freeview 19 Freesat 157 Sky 111  
7pm Richard Osman's House Of Games 7.40 QI 8.20 Would I Lie To You? 9.0 QI XL 10.0 Late Night Mash New 11.0-12.0 Question Team

## DRAMA

Freeview 20 Freesat 158 Sky 143 Virgin 130  
6.40pm 'Allo 'Allo! 7.20 Last Of The Summer Wine 8.0 Judge John Deed 10.0 New Tricks 11.20-12.40am Spooks

## QUEST

Freeview 12 Freesat 172 Sky 144 Virgin 169  
7pm Outback Opal Hunters 8.0 Salvage Hunters 9.0 Richard Hammond's Workshop New 10.0 Find It, Fix It, Drive It New 11.0-12.0 Bennetts British Superbikes New

## SKY ARTS

Freeview 11 Freesat 147 Sky 130 Virgin 165  
7pm Portrait Artist Of The Year 2022 8.0 The Directors 9.0 Brian Johnson's A Life On The Road 10.0 Discovering: Christian Bale New 11.0-12.0 Alfred Hitchcock Presents

## YESTERDAY

Freeview 27 Freesat 159 Sky 155 Virgin 129  
7pm Fred Dibnah's Made In Britain 8.0 Bangers And Cash New 9.0 Secrets Of The

London Underground 10.0 Bangers And Cash 11.0-12.0 Abandoned Engineering

## GREAT! TV

Freeview 50 Freesat 142 Sky 157 Virgin 189  
7pm M\*A\*S\*H 9.0 Randall And Hopkirk (Deceased) 10.0 The Persuaders! 11.0-12.0 Who Wants To Be A Millionaire?

## DIGITAL

## SKY SHOWCASE Sky 106 Virgin 110

7pm The Simpsons 9.0 A League Of Their Own New 10.0 Fantasy Football League New 10.35 The Russell Howard Hour New (R) 11.20-12.30am Sex And The City

## SKY MAX Sky 113 Virgin 122

7pm Stargate SG-1 (R) 8.0 An Idiot Abroad 2 (R) 9.0 A League Of Their Own New 10.0 Fantasy Football League New 10.35 The Russell Howard Hour New (R) 11.20-12.20am COBRA: Cyberwar (R)

## SKY ATLANTIC Sky 108

6.50pm The Sopranos (R) 7.55 Game Of Thrones (R) 9.0 I Hate Suzie Drama starring Billie Piper (R) 9.45 The Staircase (R) 11.0-12.10am House Of The Dragon (R)

## SKY WITNESS Sky 107 Virgin 112

7pm Nothing To Declare 8.0 Blue Bloods (R) 9.0 FBI New 10.0 FBI: International New 11.0-12.0 Law & Order: Special Victims Unit (R)

## SKY COMEDY Sky 114 Virgin 135

7pm Everybody Hates Chris 7.30 The Office (US) 9.0 Sex And The City 10.10 Intelligence 11.10-12.30am Sex And The City

## GOLD Sky 110 Virgin 124

6.25pm Only Fools And Horses 7.05 Dad's Army: The Lost Episodes 7.40 Dad's Army

8.20 The Vicar Of Dibley 9.20 Mrs Brown's Boys 10.0 The Real McCoy 10.40 Live At The Apollo 11.40-12.20am Mrs Brown's Boys

## DISCOVERY Sky 125 Virgin 260

7pm Junkyard Empire Andy Cohen turns an old ambulance into a Maryland sports-mobile 8.0 Railroad Alaska 9.0 Naked And Afraid: Alone 11.0-12.0 Yukon Men

## NATIONAL GEOGRAPHIC Sky 129 Virgin 266

7pm Air Crash Investigation 8.0 Ice Road Rescue New 9.0 To Catch A Smuggler: JFK Airport 10.0 To Catch A Smuggler 11.0-12.0 Air Crash Investigation

## SKY DOCUMENTARIES Sky 121 Virgin 278

7pm The Movies (R) 8.0 UFO (R) 9.0 FILM: Transhood (15/2020) 11.0-12.50am FILM: The Slow Hustle (15/2021)

## COMEDY CENTRAL Sky 112 Virgin 181

6.55pm Friends 9.0 Stephen Merchant: Hello Ladies 10.0 Fugget About It New: Comedy with the voice of Tony Nappo 10.30 Fugget About It New 11.0-12.0 The Ren & Stimpy Show

## PBS AMERICA Freesat 155 Sky 174 Virgin 273

6.25pm Ancient Invisible Cities 7.40 Spitfire Paddy 8.50 The Civil War 10.10 Ancient Invisible Cities 11.25-12.0 Beautiful Serengeti

## FILMS

## SKY CINEMA PREMIERE Sky 301 Virgin 401

6.30pm FILM: Shark Bait (15/2022) 8.0 FILM: Last Looks (15/2021) Thriller starring Charlie Hunnam 10.0 FILM: Clean (15/2021) 11.40-1.20am FILM: She Will (15/2021)

## TALKING PICTURES TV

Freeview 82 Freesat 306 Sky 328 Virgin 445  
6pm FILM: Hell And High Water (PG/1954) 8.0 The Saint 9.0 Justice 10.0 The Rivals Of Sherlock Holmes 11.0-12.0 Widows

## GREAT! MOVIES

Freeview 34 Freesat 302 Sky 321 Virgin 425  
7pm GREAT! Movie News Extra 7.10 FILM: Zoom (PG/2006) 9.0 FILM: Looper (15/2012) 11.20-1.30am FILM: Push (12/2009)

## FILM4

Freeview 14 Freesat 300 Sky 313 Virgin 428  
6.45pm City Slickers (15/1991) 9.0 The Equalizer (15/2014) 11.40-1.45am The Swordsman (15/2020) Premiere

## SPORT

## SKY SPORTS MAIN EVENT Sky 401 Virgin 511

1pm LIVE DP World Tour Golf 6.0 LIVE PGA Tour Golf 7.0 LIVE World Grand Prix Darts 11.0 LIVE PGA Tour Golf 1am LIVE NFL 4.30-6am LIVE Formula 1

## EUROSPORT 1 Sky 410 Virgin 521

1.50-3.30pm LIVE Cycling: Gran Piemonte 6.0 Snooker: Hong Kong Masters 8.0 Cycling: Gran Piemonte 9.0 Cycling: Binche-Chimay-Binche 10.0-12.0 Snooker: Hong Kong Masters

## BT SPORT 1 Sky 413 Virgin 527

5.15pm PICK LIVE Uefa Europa League Omonia Nicosia v Manchester United (kick-off 5.45pm) 8.15 PICK LIVE Uefa Europa League SC Freiburg v Nantes (kick-off 8.00pm) 10.0 WWE NXT Highlights 11.0 UFC Fight Camp 11.30 UFC 2.30-6.45am LIVE T20 Cricket Bangladesh v Pakistan



# FRIDAY OCTOBER 7

## BBC1



**Have I Got News For You, 9pm**  
With Ian Hislop and Paul Merton

- 6.00 **Breakfast**
- 9.15 **Rip Off Britain**
- 10.00 **Crimewatch Live Appeals** for information from the public about crimes
- 10.45 **Paramedics On Scene (R)**
- 11.15 **Homes Under The Hammer (R)**
- 12.15 **Bargain Hunt** Natasha Raskin Sharp hosts from Newark in Nottinghamshire.
- 1.00 **BBC News; Weather**
- 1.30 **Regional News; Weather**
- 1.45 **Doctors** Scarlett is frustrated when she tries to help Yusuf.
- 2.15 **London Kills (R)**
- 3.00 **Escape To The Country (R)**
- 3.45 **Antiques Road Trip** The Isle of Skye hosts Roo Irvine and Mark Hill
- 4.30 **The Tournament Knockout** quiz hosted by Alex Scott.
- 5.15 **Pointless** Quiz show hosted by Alexander Armstrong, with Sally Lindsay.
- 6.00 **BBC News; Weather**
- 6.30 **Regional News; Weather**
- 7.00 **The One Show** Celebrity guests and stories about people in extraordinary circumstances.
- 7.30 **We Are England** Regional current affairs reports.
- 8.00 **Question Of Sport** With Keira Walsh, Anton Ferdinand, Joe Cordina and Lutalo Muhammad.
- 8.30 **[PICK] Ghosts 3/7** The Ghosts' thoughtless behaviour sends Alison into meltdown.
- 9.00 **Have I Got News For You** Victoria Coren Mitchell is guest host, with Ivo Graham and team captains Paul Merton and Ian Hislop
- 9.30 **Am I Being Unreasonable?** 3/6 Nic makes a shocking discovery at home that changes everything.
- 10.00 **BBC News At Ten**
- 10.30 **Regional News; Weather**
- 10.40 **The Graham Norton Show** 2/21 The host is joined by Lesley Manville, Hugh Bonneville, Lashana Lynch and Sam Ryder.
- 11.30 **RuPaul's Drag Race UK** 3/10 Supermodel Leomie Anderson guests. (R)
- 12.45 **BBC News**

## BBC2



**Martin Compston's Scottish Fling, 9.30pm** Travels with Phil MacHugh

- 6.15 **Homes Under The Hammer (R)**
- 7.15 **Antiques Road Trip (R)**
- 8.00 **Sign Zone: The Repair Shop** Jay Blades presents. (R)
- 9.00 **BBC News**
- 10.00 **BBC News**
- 12.15 **Politics UK** The week's political proceedings around the UK.
- 1.00 **Chase The Case (R)**
- 1.45 **Eggheads (R)**
- 2.15 **Glorious Gardens From Above (R)**
- 3.00 **Flipping Profit (R)**
- 3.45 **Home Is Where The Art Is** A mystery buyer. (R)
- 4.30 **Murder, Mystery And My Family (R)**
- 5.15 **Flog It! (R)**
- 6.00 **Richard Osman's House Of Games** With Toby Anstis, Kerry Howard, Evelyn Mok and Joe Sugg.
- 6.30 **Strictly: It Takes Two** Rylan gets all the backstage gossip.
- 7.00 **Your Garden Made Perfect** 5/6 Rival designers come up with ideas for a couple's West Sussex garden.
- 8.00 **Gardeners' World** Monty Don plants mahonia for winter colour and scent.
- 9.00 **[PICK] Mortimer & Whitehouse: Gone Fishing** 5/6 Paul and Bob head to a lake in the Surrey Hills and set their eyes and their hearts on catching big carp.
- 9.30 **Martin Compston's Scottish Fling** 5/6 Martin and Phil MacHugh travel through the Central Belt.
- 10.00 **Mock The Week 4/7** Comedy panel show with Dara O Briain.
- 10.30 **Newsnight; Weather**
- 11.05 **MOTDx** Football discussion with Jermaine Jenas. (R)
- 11.35 **The Misadventures Of Romesh Ranganathan** 3/5 Romesh Ranganathan visits Bosnia and Herzegovina. (R)
- 12.35 **Head On: Rugby, Dementia & Me (R)**
- 1.35 **Sign Zone: The Green Energy Scandal Exposed: Panorama (R)**
- 2.05 **Simon Reeve's South America (R)**

## ITV



**Emmerdale, 7pm** Nicola is ready to make a complaint about Charles

- 6.00 **Good Morning Britain** News, current affairs and lifestyle features.
- 9.00 **Lorraine** Entertainment and fashion news.
- 10.00 **This Morning** Celebrity chat, showbusiness news, lifestyle features, topical discussion and more. Including Local Weather.
- 12.30 **Loose Women** Debate from a female perspective.
- 1.30 **ITV News; Weather**
- 1.55 **Local News; Weather**
- 2.00 **Dickinson's Real Deal** David Dickinson sets up shop in Llandudno.
- 3.00 **Tenable** A family team of five answers a series of Top 10 list questions.
- 4.00 **Tipping Point** Quiz hosted by Ben Shephard.
- 5.00 **The Chase** Quiz show hosted by Bradley Walsh.
- 6.00 **Local News; Weather**
- 6.30 **ITV News; Weather**
- 7.00 **Emmerdale** A complaint is made on the night of the stag and hen parties. Feelings are reawakened.
- 7.30 **[PICK] Live Women's International Football** England v USA (kick-off 8.00pm). Coverage of the friendly encounter at Wembley Stadium, between the respective European and World champions.
- 10.15 **ITV News; Weather**
- 10.45 **Local News; Weather**
- 11.00 **The NFL Show** Laura Woods is joined by Jason Bell and Osi Umenyiora to present highlights from week four of the season.
- 11.55 **The Motorbike Show** Henry Cole rides the Wiltshire Downs on a new BSA Gold Star, setting off from Royal Wootton Bassett to Avebury and the market town of Marlborough.
- 12.45 **Shop: Ideal World**
- 3.00 **For The Love Of Britain (R)**
- 3.25 **Unwind With ITV**
- 4.25 **[PICK] Live Women's World Cup Rugby** Union Fiji v England (kick-off 4.45am). Coverage of the opening Pool C match for both sides

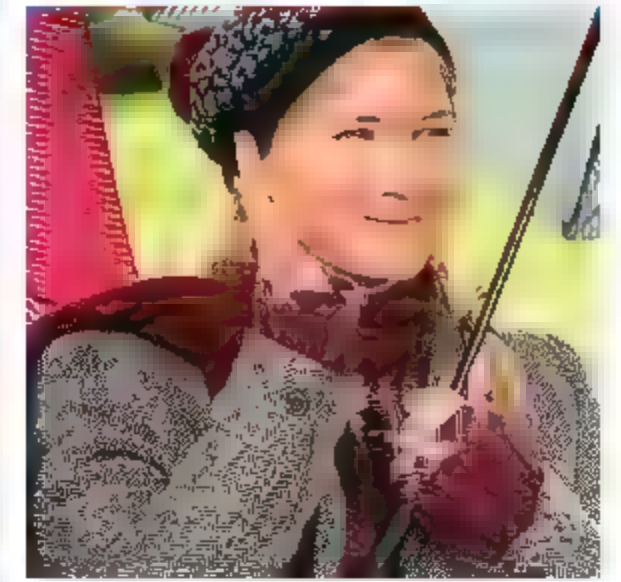
## CHANNEL 4



**Gogglebox, 9pm** Giles and Mary share their views on the week's TV

- 6.10 **Countdown (R)**
- 6.50 **3rd Rock From The Sun (R)**
- 7.35 **Everybody Loves Raymond (R)**
- 9.00 **Frasier (R)**
- 10.30 **Ramsay's Kitchen Nightmares USA (R)**
- 11.25 **Channel 4 News Summary**
- 11.30 **Help! We Bought A Village** Documentary. (R)
- 12.30 **Steph's Packed Lunch** Weekday magazine show hosted by Steph McGovern.
- 2.10 **Countdown** Pat Nevin is in Dictionary Corner.
- 3.00 **A Place In The Sun (R)**
- 4.00 **Renovation Nation** Tracey and Rob take their castle renovation to new heights.
- 5.00 **Four In A Bed** The B&Bers meet for one last time to learn who has won the best value B&B of the week.
- 5.30 **The Perfect Pitch**
- 6.00 **The Simpsons** Lisa tries to become a dancer. (R)
- 6.30 **Hollyoaks (R)**
- 7.00 **Channel 4 News**
- 7.30 **[PICK] Britain's Evicted Kids - Dispatches** How many parents with young children are struggling to find a new place to call home.
- 8.00 **The Great British Bake Off: An Extra Slice 4/10** Guests Martin Kemp and Iain Stirling tuck into the events of Mexican week.
- 9.00 **Gogglebox** The households' opinions on recent TV
- 10.00 **I Literally Just Told You** Jimmy Carr hosts the game show in which contestants are given every answer, with the questions written as the show is happening
- 11.05 **Don't Hug Me I'm Scared** 3/6 Comedy horror focusing on the subject of family.
- 11.40 **Don't Hug Me I'm Scared** 4/6 Comedy horror focusing on the subject of friendship.
- 12.10 **First Dates Hotel (R)**
- 1.05 **FILM: Ready Or Not (18/2019)** Comedy horror starring Samara Weaving.
- 2.45 **Come Dine With Me (R)**
- 5.00 **George Clarke's Flipping Fast Property. (R)**
- 5.55 **The King Of Queens (R)**

## CHANNEL 5



**Film: Bridget Jones's Baby, 10pm** The mum - but who's the daddy?

- 6.00 **Milkshake!** Children's shows including 8.00 **The Adventures Of Paddington (R)** 8.15 **Ricky Zoom (R)** 8.30 **Peppa Pig (R)** 8.40 **Daisy & Ollie (R)** 8.50 **Odo (R)** 8.55 **Kangaroo Beach (R)** 9.10 **Sunny Bunnies (R)**
- 9.15 **Jeremy Vine** The broadcaster discusses the issues of the day.
- 12.45 **Holiday Homes In The Sun**
- 1.40 **News**
- 1.45 **Home And Away** Dean tells Ziggy to chase her pro surfing goals.
- 2.15 **FILM: Picture Perfect Mysteries: Dead Over Diamonds (PG/2020)** Crime drama starring Alexa PenaVega.
- 4.00 **Bargain-Loving Brits In The Sun** Documentary.
- 5.00 **News**
- 6.00 **Cash In The Attic** Chris Kamara and appraiser Kayleigh Davies are in Cheshire. (R)
- 6.55 **News**
- 7.00 **Susan Calman's Grand Day Out In The West Country 6/7** Susan heads for the West Country, and travels from Bath to the village of Cheddar. (R)
- 7.55 **News**
- 8.00 **The Cotswolds with Pam Ayres** 5/6 In a show recorded before recent events, Pam meets the former Prince of Wales.
- 9.00 **[PICK] Paris To Rome With Bettany Hughes 2/4** Bettany encounters the beauty of Venice's canals.
- 10.00 **FILM: Bridget Jones's Baby (15/2016)** Comedy sequel starring Renée Zellweger, Colin Firth and Patrick Dempsey
- 12.20 **Greatest Ever Movie Blunders (R)**
- 1.15 **The LeoVegas Live Casino Show** Interactive gambling.
- 3.15 **1974: Britain's Biggest 70s Hits** The hits of the year. (R)
- 4.25 **Cruising With Jane McDonald (R)**
- 5.15 **Wildlife SOS (R)**
- 5.25 **Entertainment News On 5**
- 5.35 **Paw Patrol (R)**



## PICK OF THE DAY

## Paris To Rome With Bettany Hughes Channel 5, 9pm

Historian Bettany Hughes (right) continues her mini-Grand Tour, sampling the spectacle and culture to be found across Europe. Tonight's episode brings her to Italy, where her first stop is the magical city of Venice. There she discovers the joys of a sedate gondola journey along the Grand Canal, admires the picture-postcard sights of St Mark's Square and the Doge's Palace, and makes time to feast on the local culinary delights.

Moving on to Florence, Hughes gazes in wonder at an array of Renaissance masterpieces, including Botticelli's painting of The Birth Of Venus. In Milan she enjoys the city's array of fashion outlets, before she pays a visit to Lake Como, where the idyllic setting makes it easy to understand why Hollywood stars such as George Clooney own villas along the lakeshore. ★★★★★



## RADIO

## Radio 3 In Concert Radio 3, 7.30pm

Santtu-Matias Rouvali (right) conducts the Philharmonia in Mahler's First Symphony. They are also joined by Carolin Widmann for Korngold's Violin Concerto.



In *Relativity* (Radio 4, 11.30am), Pete realises he picked the wrong week to stop drinking when he finds himself caring for three children alone. Ken rises to the occasion when a stranger breaks into the house, and Jane and Ian are in a nostalgic mood as she helps him recover from his operation.

*Late Junction* (Radio 3, 11pm) celebrates body percussion with music made by clapping, including records by Idassane Wallet Mohamed

## SPORT

## Live Women's World Cup Rugby Union ITV, 4.25am

It's an early start overnight for fans as England begin their campaign with a Pool C match against Fiji at Eden Park in Auckland (kick-off 4.45am). At a more reasonable hour for viewers, *Live Women's International Football* (ITV, 7.30pm) is a friendly between the respective European and World Champions, England and the USA (k.o. 8pm).

## SPORT

## Live EFL

*Sky Sports Main Event*, 7.30pm Queens Park Rangers should be feeling confident of victory as they welcome Reading, whose form has been a bit hit-and-miss of late (kick-off 8pm).



## COMEDY

## Ghosts BBC1, 8.30pm

Long-suffering Alison (Charlotte Ritchie, above) has finally had enough and gives the ghosts a firm talking to. It clearly does the trick as they all look for ways to show how sorry they are – well, all of them except Mary, who explains why her past experience has taught her not to take the blame for anything that isn't her fault. Meanwhile, Mike tries to help his wife relax, but that turns out to be even more stressful. ★★★★★

## DOCUMENTARY

## Britain's Evicted Kids – Dispatches Channel 4, 7.30pm

Cameras follow Bella, aged seven, and her two younger sisters after their mum Clarissa and partner Theo are evicted from their two-bedroomed flat in Birmingham, leaving them struggling to find a new home. The documentary explores what their story says about the other families in England who are at risk of homelessness. ★★★★★

## NATURE One Planet, One Chance Sky Nature, 9pm

In the first of two programmes exploring the impact of humans



on the planet, Joakim Odelberg heads to Costa Rica to join a shark-tagging expedition, before taking a trip along the west coast of Sweden. ★★★★★

## TRAVEL

## Mortimer &amp; Whitehouse: Gone Fishing BBC2, 9pm

Bob Mortimer and Paul Whitehouse (left) are in the Surrey Hills, where they hope to catch carp and barbel – but the fish are particularly skittish and Mortimer can be clumsy... They also meet up with Dr Anand Patel, who talks to them about the importance of men of a certain age looking after their health – and why that includes watching their weight. ★★★★★

## FILM



## Studio 666

(2022) Sky Cinema Premiere, 10pm

This horror comedy starring the Foo Fighters has taken on an unexpected poignancy following the death of Taylor Hawkins. Dave Grohl (above right, with Hawkins) and co play themselves as they move into a mansion to record their 10th album, only to encounter an evil force. ★★★★★

## FREEVIEW AND SATELLITE CHANNELS

## FREEVIEW

## BBC3

Freeview 23 Freesat 179 Sky 117 (London 173 Scot 141) 7pm-7.45pm The Next Step 7.20 The Catch Up 7.45 Freeze: Skating On The Edge 8.35 My Mate's A Bad Date 9.0 FILM: Waves (15/2019) Premiere. 11.10-12.05am Sexomnia: Case Closed?

## BBC4

Freeview 9 Freesat 107 Sky 116 Virgin 108 7pm Glam Rock At The BBC 8.0 Top Of The Pops 9.0 Bowie At The BBC 10.0 Old Grey Whistle Test: '70s Gold 11.30-1am David Bowie: Finding Fame

## ITV2

Freeview 6 Freesat 113 Sky 118 Virgin 115 7pm Secret Crush New. 8.0 Bob's Burgers 9.0 Bad Chets New. 10.0 Family Guy 11.30-12.0 American Dad!

## ITV3

Freeview 10 Freesat 115 Sky 119 Virgin 117 7pm Heartbeat David enters a flower show 8.0 Doc Martin 10.0-12.0 DI Ray

## ITV4

Freeview 26 Freesat 117 Sky 120 Virgin 118 1.15-4.30pm LIVE ITV Racing: Live From Newmarket Coverage from Newmarket and Cheltenham. 6.55 The Chase Celebrity Special 8.0 Heathrow: Britain's Busiest Airport 9.0 FILM: Game Of Death (18/2011) 11.0-1am All Elite Wrestling: Dynamite 2am-4.20am LIVE Women's World Cup Rugby Union

## E4

Freeview 13 Freesat 122 Sky 135 Virgin 106 7pm Hollyoaks New. 7.30 The Farmer Wants A Wife: Australia New. 9.0 FILM: GI Joe: The Rise Of Cobra (12/2009) 11.20-12.20am Naked Attraction

## MORE4

Freeview 18 Freesat 124 Sky 136 Virgin 147 6.55pm Escape To The Chateau 7.55 Great Canal Journeys 9.0 Agatha Christie's Herson New. 10.0-12.10am 24 Hours In A&E

## SUSA

Freeview 21 Freesat 129 Sky 141 Virgin 153 7pm NCIS 9.0 Private Eyes New. A high-rise office cleaner witnesses a possible murder. 10.0 Law & Order: Special Victims Unit 11.50-12.50am Law & Order

## 5STAR

Freeview 32 Freesat 131 Sky 128 Virgin 151 7pm Caught On Camera: Funniest Moments 8.0 When Talent Shows Go Horribly Wrong 9.45-12.20am FILM: Battleship (12/2012)

## DAVE

Freeview 19 Freesat 157 Sky 111 7pm Richard Osman's House Of Games 7.40 QI 8.20 Would I Lie To You? 9.0 QI XL 10.0 QI 10.40 Would I Lie To You? At Christmas 11.20-12.0 Would I Lie To You?

## DRAMA

Freeview 20 Freesat 158 Sky 143 Virgin 130 6.40pm Last Of The Summer Wine 8.0 Father Brown 9.0 Detectives New. 9.40 Detectives 10.20 New Tricks 11.40-1am Spooks

## QUEST

Freeview 12 Freesat 172 Sky 144 Virgin 169 7pm Outback Opal Hunters 8.0 Salvage Hunters 9.0 Saving Lives At Sea New. Documentary. 10.0 Helicopter ER New. 11.0-12.0 How Do They Do It?

## SKY ARTS

Freeview 11 Freesat 147 Sky 130 Virgin 165 7pm FILM: Hitsville: The Making Of Motown (12/2019) The history and origins of Motown. 9.0 REM: Live In Dublin 2005 11.20-12.35am Chuck Berry: Brown-Eyed Handsome Man

## YESTERDAY

Freeview 27 Freesat 159 Sky 155 Virgin 129 7pm Fred Dibnah's Made In Britain 8.0 Rick Stein's Mediterranean Escapes 9.0 Steam Train Britain 10.0 Bangers And Cash 11.0-12.0 Abandoned Engineering

## GREAT! TV

Freeview 50 Freesat 142 Sky 157 Virgin 189 7pm M\*A\*S\*H 9.0 Randall And Hopkirk (Deceased) 10.0 The Persuaders! 11.0-12.0 Who Wants To Be A Millionaire?

## DIGITAL

## SKY SHOWCASE Sky 106 Virgin 110

7pm The Simpsons 8.0 A League Of Their Own (R) 9.0 FILM: The Woman In Black (12/2012) (R) 10.45-11.45pm Late Late Show Best Of The Week New.

## SKY MAX Sky 113 Virgin 122

7pm Stargate SG-1 (R) 8.0 A League Of Their Own (R) 9.0 Rob & Romesh Vs Usain Bolt (R) 10.0 Banshee (R) 11.0-12.0 The Blacklist (R)

## SKY ATLANTIC Sky 108

7.55pm Game Of Thrones (R) 9.0 Munich Games 10.0 House Of The Dragon (R) 11.10-12.15am This England (R)

## SKY WITNESS Sky 107 Virgin 112

7pm Nothing To Declare 8.0 Blue Bloods (R) 9.0 FBI: Most Wanted New. 10.0 Blue Bloods (R) 11.0-12.0 Law & Order: Special Victims Unit (R)

## SKY COMEDY Sky 114 Virgin 135

7pm Everybody Hates Chris 7.30 The Office (US) 9.0 Miracle Workers 10.0 Curb Your Enthusiasm 10.45-11.45pm Late Late Show Best Of The Week New.

## GOLD Sky 110 Virgin 124

6.45pm Dad's Army 7.25 Dad's Army: The Lost Episodes 8.05 The Vicar Of Dibley 9.20 Mrs Brown's Boys 10.0 The Real McCoy 10.40-11.40pm Live At The Apollo

## DISCOVERY Sky 125 Virgin 250

7pm Gold Rush 9.0 Expedition Unknown New. 10.0 UFO Witness New. 11.0-12.0 Yukon Men

## NATIONAL GEOGRAPHIC Sky 129 Virgin 266

7pm Air Crash Investigation 8.0 History: The Interesting Bits 9.0 World War II: Secrets From Above 10.0 Banged Up Abroad 11.0-12.0 Air Crash Investigation

## SKY DOCUMENTARIES Sky 121 Virgin 278

7pm The Movies (R) 8.0 UFO (R) 9.0 The Wimbledon Kidnapping (R) 11.0-12.40am SiC: Prince Of MotoGP (R)

## COMEDY CENTRAL Sky 112 Virgin 181

6.55pm Friends 9.0 FILM: The Meg (12/2018) 11.10-12.05am The Jeff Dunham Show

## PBS AMERICA Freesat 155 Sky 174 Virgin 273

6.35pm The Lost Tribes Of Humanity 7.40 Hellfire: Battle For Cobargo 8.55 The Civil War 10.50-12.0 The Lost Tribes Of Humanity

## FILMS

## SKY CINEMA PREMIERE Sky 301 Virgin 401

8pm FILM: Marry Me (12/2022) 10.0-12.0 PICK FILM: Studio 666 (18/2022) Premiere.

## TALKING PICTURES TV Freesat 82 Freesat 306 Sky 328 Virgin 445

5.55pm FILM: Demetrius And The Gladiators (PG/1954) 8.0 The Outer Limits

## 9.0 Cella Club With Caroline Munro

9.05 FILM: The Mutations (18/1973) 10.55 Cella Club With Caroline Munro 11.0-1am FILM: The Seventh Sign (15/1988)

## GREAT! MOVIES Freesat 34 Freesat 302 Sky 321 Virgin 425

7pm FILM: Here Comes The Boom (12/2012) 9.0 FILM: Parker (15/2013) 11.20-12.15am FILM: I Am Wrath (15/2016)

## FILM4 Freesat 14 Freesat 300 Sky 313 Virgin 428

6.25pm The Hunger Games: Mockingjay – Part 2 (12/2015) 9.0 The Equalizer 2 (15/2018) 11.20-2.10am All Eyez On Me (15/2017)

## SPORT

## SKY SPORTS MAIN EVENT Sky 401 Virgin 511

6.45am LIVE Formula 1 8.30-9.30 LIVE The F1 Show 1pm LIVE DP World Tour Golf 6.0 LIVE PGA Tour Golf 7.30 PICK LIVE EFL Coverage of Queens Park Rangers v Reading (kick-off 8.00pm). 10.0 LIVE World Grand Prix Darts 11.0-1am LIVE PGA Tour Golf 3.45-5.10am LIVE Formula 1

## EUROSPORT 1 Sky 410 Virgin 521

1.30-3pm LIVE Cycling: Tour Of Romandie Women 6.0 Snooker: Hong Kong Masters 8.0 Cycling: Tour Of Romandie Women 9.0 Cycling: Binche-Chimay-Binche 10.0-12.0 Snooker: Hong Kong Masters

## BT SPORT 1 Sky 413 Virgin 527

9am-1pm LIVE T20 Cricket 7pm LIVE Gallagher Premiership Rugby Union 10.0 UFC Fight Camp 10.30 Ariel Helwani Meets 11.0-12.0 WWE NXT Highlights 1-3am LIVE Live: WWE Friday Night SmackDown



# SATURDAY OCTOBER 8

## BBC1



**The Hit List, 5.45pm** Rochelle and Marvin Humes host the music quiz

- 6.00 Breakfast**  
**10.00 Saturday Kitchen** With chefs Richard Bainbridge and Ravinder Bhogal, and special guest Loyle Carner.  
**11.30 Mary Berry – Cook & Share** (R)  
**12.00 Football Focus** Alex Scott looks ahead to the weekend's fixtures.  
**1.00 BBC News; Weather**  
**1.15 Bargain Hunt** Two teams buy items to sell for profit at auction. (R)  
**2.15 Escape To The Country** (R)  
**3.15 Garden Rescue** (R)  
**4.00 Final Score** Jason Mohammad presents a round-up of the classified results and news from the Premier League, EFL and Scottish Premiership.  
**5.25 BBC News**  
**5.35 Regional News; Weather**  
**5.45 The Hit List** Music-based quiz, hosted by Marvin and Rochelle Humes.  
**6.30 [PICK] Strictly Come Dancing** Pro-celebrity contest in which sets of partners battle it out to convince judges and viewers they can trip the light fantastic.  
**8.40 Blankety Blank** 3/10 Bradley Walsh hosts the revival of the comedy quiz show, joined by panellists Lorraine Kelly, Richard Madeley, Suzi Ruffell, Jimmy Carr, Su Pollard and Big Narstie.  
**9.15 Casualty** Hospital drama with the staff of Holby's accident and emergency department.  
**10.05 BBC News; Weather**  
**10.25 Match Of The Day** Gary Lineker presents highlights of the latest Premier League fixtures, including Manchester City v Southampton.  
**11.35 FILM: Detroit** (15/2017) Racist police officers respond to a complaint with retribution rather than justice in mind during the 1967 Detroit riots. Drama starring John Boyega.  
**1.55 BBC News**

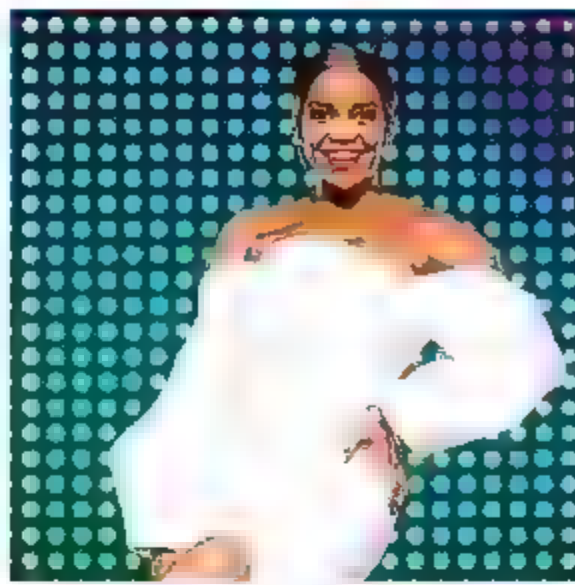
## BBC2



**A House Through Time, 7.40pm** David Olusoga delves into the past

- 6.35 Love Monster** (R)  
**6.40 Go Jetters** (R)  
**7.05 Hey Duggee** (R)  
**7.25 Shaun The Sheep** (R)  
**7.30 Dennis & Gnasher Unleashed!** (R)  
**7.45 Ninja Express** (R)  
**7.55 The Deep** (R)  
**8.20 Odd Squad** (R)  
**8.30 One Zoo Three** (R)  
**8.55 Newsround**  
**9.00 Blue Peter** (R)  
**9.30 Deadly Pole To Pole** (R)  
**10.00 Animals Unexpected** (R)  
**11.00 12 Puppies And Us** (R)  
**12.00 Rick Stein's German Bite** (R)  
**1.00 The A To Z Of TV Cooking** A journey through dishes by TV chefs. (R)  
**1.15 FILM: The 39 Steps** (U/1935) Alfred Hitchcock's thriller starring Robert Donat.  
**2.40 FILM: The Lady Vanishes** (U/1938) Alfred Hitchcock's mystery with Margaret Lockwood.  
**4.10 The Hotel People** (R)  
**5.10 Trawlermen: Hunting The Catch** (R)  
**6.10 Mortimer & Whitehouse: Gone Fishing** Paul Whitehouse and Bob Mortimer embark on a series of angling trips. (R)  
**6.40 Simon Reeve's South America** The adventurer sets off on a journey through the continent from Venezuela in the north to Tierra del Fuego off its southernmost tip. (R)  
**7.40 A House Through Time** Charting history through the successive inhabitants of a house. (R)  
**8.40 [PICK] Joan Armatrading: Me Myself I** The singer tells her life story, both as a songwriter and performer.  
**9.40 [PICK] Later... With Jools Holland** 2/6 Jools welcomes Nigerian global mega-star Burna Boy.  
**10.30 [PICK] Joan Armatrading At Asylum Chapel** A live performance by the singer-songwriter from 2021.  
**1.00 TOTP 1988** (R)  
**1.30 FILM: The Lost City Of Z** (15/2016) Drama starring Charlie Hunnam.

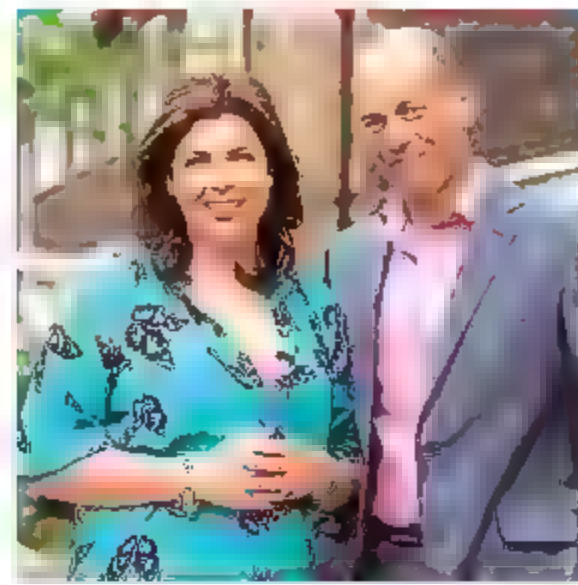
## ITV



**The Masked Dancer, 6.30pm** Oti Mabuse makes an educated guess

- 6.00 Live Women's World Cup Rugby Union** Coverage of Fiji v England  
**7.00 You've Been Framed!** (R)  
**7.25 The Chase** (R)  
**8.25 James Martin's American Adventure** (R)  
**9.25 ITV News**  
**9.30 James Martin's Saturday Morning** With Olivia Bromley, Francesco Mazzei, Levi Roots and Michael Caines.  
**11.40 John And Lisa's Weekend Kitchen**  
**12.45 James Martin's Great British Adventure** The chef goes on a culinary road trip around the UK.  
**1.15 ITV News; Weather**  
**1.30 ITV Racing: Live From Newmarket** Coverage of today's feature races from Newmarket and York.  
**4.00 Celebrity Lingo** (R)  
**5.00 ITV News; Weather**  
**5.15 Local News; Weather**  
**5.30 Ninja Warrior UK: Race For Glory** More competitors take on the obstacle course  
**6.30 The Masked Dancer** Six dancers remain as the guessing game continues.  
**8.00 The Voice UK** Emma Willis hosts the spinning-chair singing contest, with Anne-Marie, Olly Murs, Tom Jones and William once again selecting their teams through blind auditions.  
**9.30 Who Wants To Be A Millionaire?** Jeremy Clarkson gives six new contestants the chance to win a fortune.  
**10.35 ITV News; Weather**  
**10.55 The Jonathan Ross Show** Celebrity interviews. (R)  
**11.25 English Football League Highlights** Action from the latest fixtures.  
**1.10 Shop: Ideal World**  
**3.00 James Martin's Great British Adventure** (R)  
**3.25 Unwind With ITV**  
**4.40 Grand Slam Years** (R)  
**5.30 [PICK] Live Women's World Cup Rugby Union** Wales v Scotland (kick-off 5.45am).

## CHANNEL 4



**Location, Location, Location, 4.20pm** Swindon and Bolton

- 6.20 The King Of Queens** With Kevin James. (R)  
**6.40 Everybody Loves Raymond** Ally babysits the twins. (R)  
**7.30 The Simpsons** (R)  
**10.50 Formula 1 Japanese Grand Prix Qualifying Highlights** The battle for pole in the 18th round of the season.  
**12.20 Four In A Bed** Five episodes. (R)  
**2.50 The Great British Bake Off** The bakers take on three challenges exploring authentic Mexican bakes. (R)  
**4.20 Location, Location, Location** (R)  
**5.20 George Clarke's Amazing Spaces** A couple who turned an old fire engine into a bar to raise money for firefighters' charities and a 23-year-old who built a shepherd's hut from scratch. (R)  
**6.20 Channel 4 News**  
**6.50 FILM: Crocodile Dundee** (15/1986) An Australian hunter with a larger-than-life reputation accompanies a reporter from the Outback to the urban jungle of Manhattan. Comedy starring Paul Hogan and Linda Kozlowski.  
**8.40 [PICK] FILM: Star Wars: Episode VIII – The Last Jedi** (12/2017) Premiere. With the Resistance cornered, aspiring warrior Rey must persuade Luke Skywalker to save the galaxy once more. Fantasy adventure starring Mark Hamill and Daisy Ridley.  
**11.35 FILM: Mechanic: Resurrection** (15/2016) Action thriller sequel starring Jason Statham.  
**1.20 Ramsay's Kitchen Nightmares USA** (R)  
**2.10 The Simpsons** (R)  
**2.35 Come Dine With Me** (R)  
**3.15 24 Hours In A&E** (R)  
**4.10 Autumn At Jimmy's Farm** Last in the series. (R)  
**5.00 George Clarke's Flipping Fast: The Final** (R)  
**5.55 Everybody Loves Raymond** Ray Romano stars. (R)

## CHANNEL 5



**Film: A Bridge Too Far, 5.15pm** Michael Caine goes into battle

- 6.00 Milkshake!** Children's shows, including: **8.00 Baby Shark's Big Show!** (R) **8.15 Pirata & Capitano** **8.30 Santiago Of The Seas** (R) **8.50 The Adventures Of Paddington** (R) **9.00 Milo** (R) **9.15 Mimi's World** **9.25 The World According To Grandpa** (R) **9.40 Cooking With The Gills**  
**10.00 The Smurfs**  
**10.15 SpongeBob SquarePants**  
**10.25 Entertainment News On 5** Showbiz news and gossip.  
**10.30 Friends** Five episodes. (R)  
**1.35 FILM: Meet Me At Christmas** (U/2020) Drama starring Catherine Bell.  
**3.20 FILM: A Christmas Comeback** (PG/2019) Festive romance starring Hannah Barefoot.  
**5.15 FILM: A Bridge Too Far** (PG/1977) Second World War drama with Dirk Bogarde and Michael Caine.  
**8.40 [PICK] Penelope Keith: From Margo To The Manor Born** A profile of the actress, best known for her sitcom roles as Margo Leadbetter in *The Good Life* and Audrey forbes-Hamilton in *To The Manor Born*.  
**10.10 [PICK] The Good Life: Secrets & Scandals** A look behind the scenes at the beloved comedy. (R)  
**11.05 FILM: Steptoe And Son** (PG/1972) Harold marries a stripper - but makes the mistake of letting Albert tag along on the honeymoon. Comedy based on the TV series, starring Harry H. Corbett and Wilfrid Brambell.  
**1.10 The LeoVegas Live Casino Show** Interactive gambling.  
**3.10 1975: Britain's Biggest Hits** Taking a look at the musical highs of the year. (R)  
**4.20 The Funny Thing About Love & Sex** (R)  
**5.05 Wildlife SOS** (R)  
**5.30 Peppa Pig** (R)  
**5.35 Paw Patrol** (R)  
**5.45 Thomas & Friends: Big World! Big Adventures!** (R)



## PICK OF THE DAY

Joan Armatrading: Me Myself I  
BBC2, 8.40pm

Named after the singer-songwriter's (right) sixth album, this fascinating documentary offers insights into her life and career.

Armatrading, who usually steers clear of the media, opens up about her early years in the Caribbean, as well as what happened after her family moved to Birmingham.

Also on the agenda are insights into her first forays into music, how joining the cast of the musical Hair in 1968 changed her life, and her feelings about becoming a star following the release of her first LP.

However, as we learn here, despite her success, Armatrading has also suffered more than her fair share of problems.

Then there's a chance to see **Joan Armatrading At Asylum Chapel** (10.30pm), which was recorded last year and features a performance that includes songs from her most recent album, entitled *Consequences*. ★★★★★



## RADIO

Sounds Of The 80s  
With Gary  
Davies Radio 2, 8pm

The Lightning Seeds may be more of a 1990s Britpop phenomenon, but frontman Ian Broudie (right) is nevertheless joining Davies to discuss his memories of the preceding decade.

In Barry Humphries: Barry's  
Forgotten Musical Masterpieces

(Radio 2, midnight) the comedian concentrates on songs released between 1922 and 1938, the years of Lord Reith's stewardship of the BBC.

The latest edition of **Sound Of Cinema** (Radio 3, 3pm) focuses on the history of widescreen movies, which featured music to match the epic, sweeping vistas depicted by Hollywood directors.



## SPORT

Live Women's World  
Cup Rugby Union

ITV4, 7am, 12.30am & 3am; ITV, 5.30am  
Expect sparks to fly when rivals Australia and New Zealand get the day's action underway (kick-off 7.15am) before USA tackle Italy (k.o. 12.45am) and Japan face Canada (k.o. 3.15am). But the match of most interest to fans in the UK means a very late night or an early Sunday-morning start – it's the battle between Wales and Scotland (k.o. 5.45am).

SPORT  
Live: SNF

**Sky Sports Main Event, 5pm**  
Brighton may have lost manager Graham Potter, but they've still had a strong start to the season. However, Son Heung-min's (above) Spurs will be targeting three points when they arrive at the Amex (kick-off 5.30pm). **Live SPFL** (SS ME, 12midday) sees defending champions Celtic, who continue to ride high in the table, visit McDiarmid Park to take on struggling St Johnstone (k.o. 12.30pm).

## SPORT

## Live Boxing DAZN, 7pm

There was no love lost between their fathers, but more than just family pride will be on the line when Chris Eubank Jr (below) and Conor Benn step into the ring at the O2 Arena, with both of them out to prove their domestic dominance before hopefully landing a shot at a world title. They usually fight at different weights – Eubank Jr has dropped several pounds so they can face each other – but will that prove to be a wise or foolish move?

MUSIC  
Later... With  
Jools Holland  
BBC2, 9.40pm

It's 30 years to the day since the first-ever episode aired. A special show is

planned for a later date, but Marcus Mumford headlines tonight. Also featured are Burna Boy, Loyle Carner, The Blue Moon and PVA. ★★★★★

## PROFILE

Penelope Keith: From  
Margo To The Manor  
Born Channel 5, 8.40pm

She's famous for playing The Good Life's Margo Leadbetter and Audrey Forbes-Hamilton in *The Manor Born* but, as we learn from some of her co-stars, Keith is actually nothing like her famous alter egos. The programme is followed at 10.10pm by another chance to see the documentary *The Good Life: Secrets And Scandals*. ★★★★★



## FILM

Star Wars: Episode VIII –  
The Last Jedi (2017) Channel 4, 8.40pm

We're returning to a galaxy far, far away for the eighth film in the blockbusting sci-fi franchise. This time, while Finn and the droid BB-8 embark on a secret mission, Rey sets out to persuade Luke Skywalker (Mark Hamill, above) to help the Resistance in their fight against the forces of evil once again. ★★★★★

## ENTERTAINMENT

Strictly  
Come Dancing  
BBC1, 6.30pm

The pro-celebrity couples take to the floor again – and they're all hoping to avoid Sunday evening's dreaded dance-off. ★★★★★

## FREEVIEW AND SATELLITE CHANNELS

## FREEVIEW

## BBC3

Freeview 23 Freesat 179 Sky 117 (London 173 Scot 141)  
7pm EastEnders 8.0 Top Gear 9.0 Two Pints Of Lager And A Packet Of Crisps 11.0-12.10am RuPaul's Drag Race UK

## BBC4

Freeview 9 Freesat 107 Sky 116 Virgin 108  
7pm Francesco's Italy Top To Toe 8.0 Himalaya With Michael Palin 9.0 KaDeWe – Our Time Is Now New 9.45 KaDeWe – Our Time Is Now New 10.40 Berlin 1945 11.30-1.05am Midwives: Storyville

## ITV2

Freeview 6 Freesat 113 Sky 118 Virgin 115  
6pm FILM: Superman Returns (12/2006) 9.0 FILM: Fast & Furious 5 (12/2011) Action adventure. 11.40-12.05am Family Guy

## ITV3

Freeview 10 Freesat 115 Sky 119 Virgin 117  
7pm Midsomer Murders John Nettles stars. 11.0-1am Agatha Christie's Poirot

## ITV4

Freeview 26 Freesat 117 Sky 120 Virgin 118  
7.0-9.15am **PICK LIVE** Women's World Cup Rugby Union 9.30-10.30 **LIVE** ITV Racing: The Opening Show 6.15pm FILM: The Sting (PG/1973) Depression-era comedy drama. 9.0 **LIVE** English Football League Highlights 12.30-2.45am **PICK LIVE** Women's World Cup Rugby Union 3.0-5.20am **PICK LIVE** Women's World Cup Rugby Union

## E4

Freeview 13 Freesat 122 Sky 135 Virgin 104  
6.40pm FILM: Independence Day: Resurgence (12/2016) 9.0 Celebrity Gogglebox 10.0-12.10am Gogglebox

## MORE4

Freeview 18 Freesat 124 Sky 136 Virgin 147  
6.55pm Matt Baker: Our Farm In The Dales 8.0 Bettany Hughes' Treasures Of The World 9.0 24 Hours In A&E 11.10-12.15am 8 Out Of 10 Cats Does Countdown

## 5USA

Freeview 21 Freesat 129 Sky 141 Virgin 153  
7pm Murder, She Wrote Angela Lansbury stars. 9.0-12.55am Criminal Minds

## 5STAR

Freeview 32 Freesat 131 Sky 128 Virgin 151  
7.15pm FILM: Jackie Chan's The Medallion (PG/2003) 9.0 FILM: Edge Of Tomorrow (12/2014) 11.15-1.20am FILM: Final Destination 3 (15/2006)

## DAVE

Freeview 19 Freesat 157 Sky 111  
6.40pm Would I Lie To You? 8.0 Not Going Out 10.0 Mel Giedroyc: Unforgivable With Charlotte Church 11.0-12.0 Just Jokes

## DRAMA

Freeview 20 Freesat 158 Sky 143 Virgin 130  
6pm The Brokenwood Mysteries 8.0 Shakespeare & Hathaway – Private Investigators 9.0 Dancing On The Edge Drama, by Stephen Poliakoff. 11.0 Black On Screen 11.10-1.05am Mrs Mandela

## QUEST

Freeview 12 Freesat 172 Sky 144 Virgin 169  
7pm Salvage Hunters 8.0 Peter Crouch: Save Our Beautiful Game 9.0 The Repair Shop 10.0 Mysteries Of The Deep 11.0-12.0 Top 10 Mysteries And Conspiracies

## SKY ARTS Freesat 11 Freesat 147 Sky 130

Virgin 165  
8pm The Who Sell Out: Classic Albums 9.0 The Who: Live At Kilburn 1977 10.25-12.0 Classic Quadrophonia

## YESTERDAY

Freeview 27 Freesat 159 Sky 155 Virgin 129  
7pm Great British Railway Journeys 9.0 Great British Railway Journeys Goes To Ireland 9.30 Mortimer & Whitehouse: Gone Fishing 10.05-12.0 One Foot In The Grave

## GREAT! TV

Freeview 50 Freesat 147 Sky 157 Virgin 189  
7pm FILM: Mary Higgins Clark: All Around The Town (15/2002) 9.0-12.0 Who Wants To Be A Millionaire? Big-prize quiz show

## DIGITAL

**SKY SHOWCASE** Sky 106 Virgin 110  
10.30-12am **LIVE** Soccer AM 7pm The Simpsons 8.0 A League Of Their Own (R) 9.0 FILM: Resident Evil (15/2002) (R) 11.0-12.0 The A To Z Of Horror Movies

## SKY MAX

Sky 113 Virgin 122  
7pm Rob & Romesh Vs The NFL (R) 8.0 A League Of Their Own (R) 9.0 Never Mind The Buzzcocks With Shaggy, Rosie Jones and Example (R) 9.45 Strike Back: Vendetta (R) 10.45 The A To Z Of Horror Movies 11.45-12.20am Fantasy Football League (R)

## SKY ATLANTIC

Sky 108  
6.50pm The Sopranos 9.0-12.15am Game Of Thrones Peter Dinklage stars.

## SKY WITNESS

Sky 107 Virgin 112  
7pm Blue Bloods (R) 8.0 New Amsterdam (R) 9.0 FBI (R) 10.0 FBI: International (R) 11.0-12.0 FBI: Most Wanted (R)

## SKY COMEDY

Sky 114 Virgin 135  
7pm The Office (US) Comedy, with Steve Carell 9.0 Curb Your Enthusiasm 11.30-12.40am Saturday Night Live

## GOLD Sky 110 Virgin 124

10pm All Round To Mrs Brown's 11.0-12.15am The Royle Family

## DISCOVERY Sky 125 Virgin 250

8pm Extraordinary Stories Behind Everyday Things New 8.30 Extraordinary Stories Behind Everyday Things New 9.0 Gold Rush 11.0-12.0 Expedition Unknown

## NATIONAL GEOGRAPHIC

Sky 129 Virgin 266  
8pm Paranatural Documentary. 9.0 Airport Security: Rome 10.0 Airport Security: Colombia 11.0-12.0 Airport Security: Peru

## SKY DOCUMENTARIES

Sky 121 Virgin 278  
7pm FILM: Seve (PG/2021) (R) 9.0 FILM: Spitfire (PG/2018) The story of British single-seat fighter plane the Supermarine Spitfire. (R) 11.0-1.10am Music Box (R)

## COMEDY CENTRAL

Sky 112 Virgin 181  
9pm FILM: Planes, Trains And Automobiles (15/1987) 10.45 Stephen Merchant: Hello Ladies 11.45-12.15am Key & Peele

## PBS AMERICA

Freesat 155 Sky 174 Virgin 273  
7.40pm-12.0 Muhammad Ali

## FILMS

## SKY CINEMA PREMIERE

Sky 301 Virgin 401  
8pm FILM: The Lodge (15/2019) Premiere 10.0 FILM: Studio 666 (18/2022) 11.50-1.50am FILM: Uncharted (12/2022)

## TALKING PICTURES TV

Freesat 82 Freesat 306 Sky 328 Virgin 445  
6.25pm FILM: Murder In Reverse (PG/1945) 8.0 Maigret 9.05 FILM: An Inspector Calls

(PG/1954) 10.40-1.20am FILM: Hush, Hush, Sweet Charlotte (15/1964)

## GREAT! MOVIES

Freeview 34 Freesat 302 Sky 321 Virgin 425  
6.20pm FILM: Eat Pray Love (15/2010) 9.0 FILM: Immortals (15/2011) 11.15-1.20am FILM: Limitless (15/2011)

## FILM4

Freeview 14 Freesat 300 Sky 313 Virgin 428  
9pm The Hitman's Bodyguard (15/2017) 11.20-2am Memories Of Murder (18/2003)

## SPORT

## SKY SPORTS MAIN EVENT

Sky 401 Virgin 511  
6am **LIVE** Formula 1 8.30-9.0 **LIVE** The Notebook 9.30 **LIVE** Saturday Social 10.30 **LIVE** Soccer AM 12.0-3pm **PICK LIVE** SPFL 5pm **PICK LIVE** Live: SNF 8.0 **LIVE** World Grand Prix Darts 11.0-1am **LIVE** PGA Tour Golf 4.30am **LIVE** Formula 1 5.55-8am **LIVE** Formula 1

## EUROSPORT 1

Sky 413 Virgin 527  
6.30am **LIVE** Snooker: Hong Kong Masters 10.0-4.15pm **LIVE** Cycling: Tour Of Lombardy 6pm Snooker: Hong Kong Masters 8.0 Cycling: Tour Of Romandie Women 9.0 Cycling: Tour Of Lombardy 10.0-12.0 Snooker: Hong Kong Masters

## BT SPORT 1

Sky 413 Virgin 527  
6.30-10.45am **LIVE** T20 Cricket 12.0-3pm **LIVE** Vanarama National League 5.15pm **LIVE** Live: Serie A 7.0 Uefa Champions League Magazine 7.30 **LIVE** Live: Serie A 9.45 **LIVE** Friday Night SmackDown 11.15 **LIVE** Live: Canadian Premier League 1am-8.15am **LIVE** Live: V8 Supercars Championship





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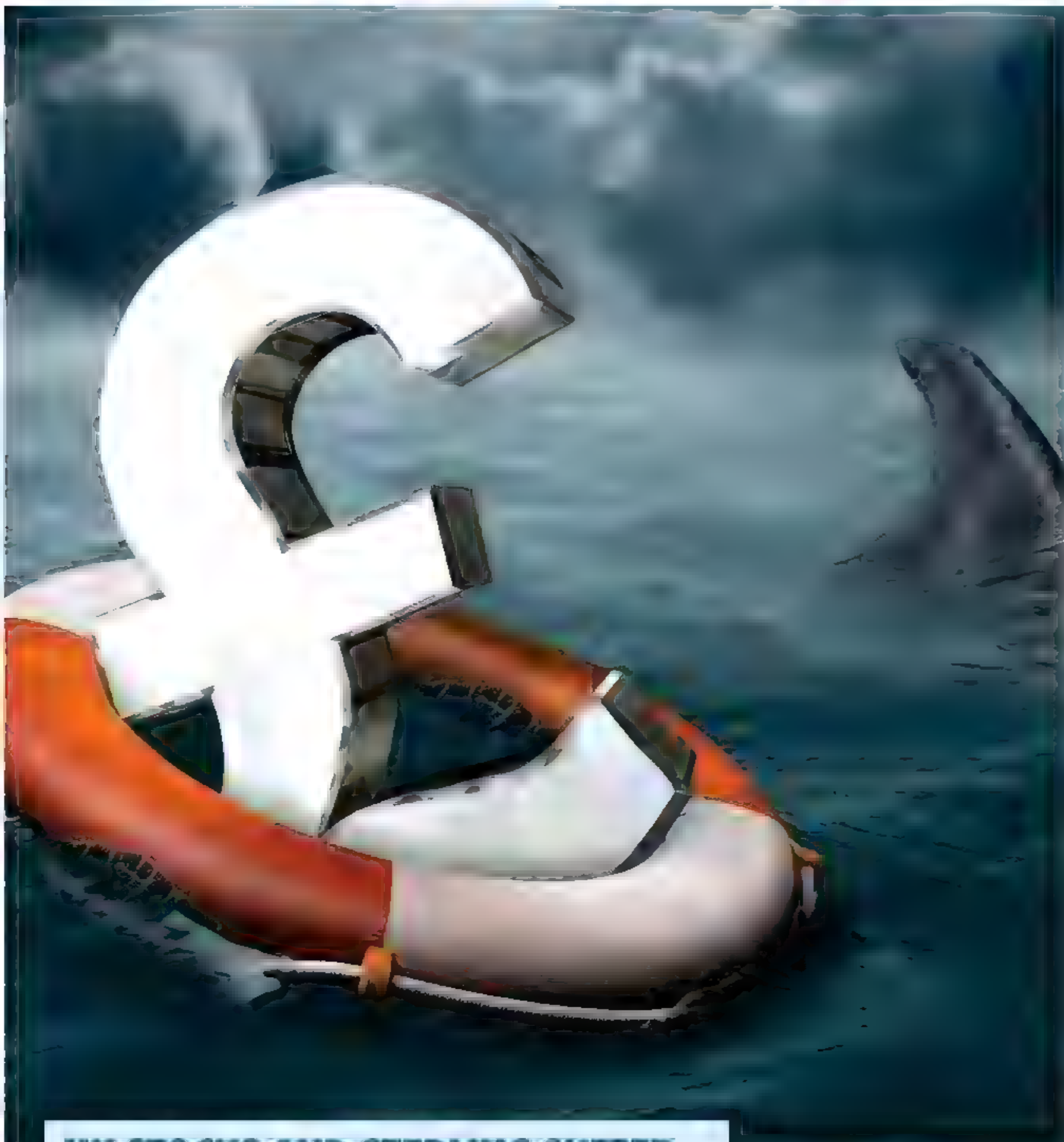
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# THE MONEY MAKING EXPERT



## UK STOCKS AND STERLING SUFFER



tors, longer-term it is typically much better to remain invested rather than sell out and then try to get back in at the right moment, when you may miss out on the upside potential,' she says.

### ON THE BRIGHT SIDE... THERE ARE BARGAINS

WHEN markets fall, investors can buy up stocks and shares considerably cheaper than they could days or months before. Money coach

Fanny Snaith says it is a bit like sale season. 'You don't lose any money until you sell,' she says. 'If you can afford to buy, then great. However, be aware that things could still get worse before they get better.'

### CHECK YOUR PORTFOLIO REMAINS IN BALANCE

MAKE sure that you have a balance of different types of assets in your portfolio and that you are

not weighted too heavily to any one region or sector.

That should help to shield you from any future market falls. For most investors, this is likely to be the safest approach.

For those who are able and willing to take a bit of risk, some investment experts believe there are opportunities to be found.

James Yardley, senior research analyst at fund research group FundCalibre, says: 'UK assets are looking cheap because of the fall in the pound.'

'If you can find shares which get a lot of their earnings from overseas - particularly in dollars - but whose shares have fallen, they might represent an opportunity.'

He points to the City of London Investment Trust as an example of a fund that invests in larger UK companies.

It has turned a £1,000 investment into £1,070 over three years and has holdings in BP and Shell - both UK-listed companies that make a large proportion of their revenues in dollars.

TB Evenlode Income holds large companies such as Diageo and Unilever, which similarly stand to benefit from a weaker pound. It has turned £1,000 into £1,021 over three years.

JOHCM UK Dynamic also holds large, multinational companies that are listed in the UK. It has made a 4 per cent loss over three years.

# The fund tailor made to help you rest easily

## FUND FOCUS

By Rachel Rickard Straus

CERNO Select is designed to allow its investors to 'sleep soundly at night', says Fergus Shaw who has co-managed the £139million fund since 2017.

It invests in assets and sectors all around the world, to produce a truly diversified portfolio. The hope is to reduce volatility and make investing a less hair-raising ride, even in the current difficult market conditions.

'We think that one of the biggest dangers for investors is throwing the towel in when things get tough,' says Shaw. 'We help them to stay invested by making it less painful to look at those annual account statements.'

The fund has turned a £1,000 investment into £1,160 over three years, although it is down 10.4 per cent in the past year.

It aims to produce a return from income and capital of three percentage points above inflation. With inflation at 9.9 per cent, this is quite ambitious. But Shaw believes inflation should return to a more normal position over the medium to long term. Cerno Select invests in everything from Japanese companies to gold and healthcare, either directly or via an actively managed fund, investment trust or even a passive fund that simply follows an index.

'We use the best vehicle for the type of investment we're looking for,' says Shaw. 'If we think we can find an actively managed fund that can produce strong returns and justify the fees, we'll do it. Otherwise, we will go for a cheaper, passive option.'

Shaw and the team do not believe there is a fund that invests in Japan that suits their approach. So they have stuck with the low-cost iShares Core MSCI Japan fund. Similarly, they want to hold a wide range of undervalued companies from around the world, so they invest in the low-cost iShares Edge MSCI World Value.

However, when it comes to healthcare, they believe expertise is worth paying for. As a result, they invest in Bellevue

Healthcare Trust, which is overseen by fund managers who are knowledgeable about both healthcare and investing.

The fund invests directly in Nestle, electric vehicle technology company Aptiv and bicycle component manufacturer Shimano. These share similar attributes of doing something better than their competitors and having the power to put up prices when their costs are hit by inflation.

For expertise on direct holdings, the fund draws on the advice of its stablemate Cerno Global Leaders Equity Strategy.

Inflation protection is crucial, especially in turbulent times such as these. So, the holdings include a number of infrastructure funds that gain a reliable income from rental returns. These include HICL Infrastructure and LXI

Real Estate Investment Trusts, which own buildings and charge their tenants rent (adjusted for inflation every year). To diversify further, Cerno Select has a small holding in a passive gold fund, which tracks the price and is backed by physical gold in vaults.

The fund offers an income of around two per cent. Shaw says the yield is not

higher because the emphasis is on equities, which are picked for their ability to increase in value rather than produce an income.

Shaw believes the fund could be a core holding for investors, as it contains a balance of investments. However, investors will need to pay for this mix as the ongoing cost is 1.32 per cent, which is on the higher side.

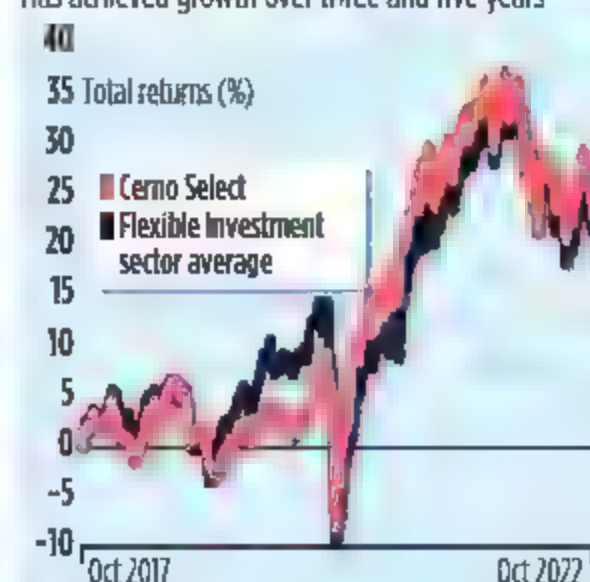
'We invest in funds as well as companies directly, which adds to the fees,' says Shaw. 'However, we believe that this multi-asset approach offers good value and pays off in the long term.' The trust's stock market identification code is BCZXT5.

rachel.rickard@mailonsunday.co.uk

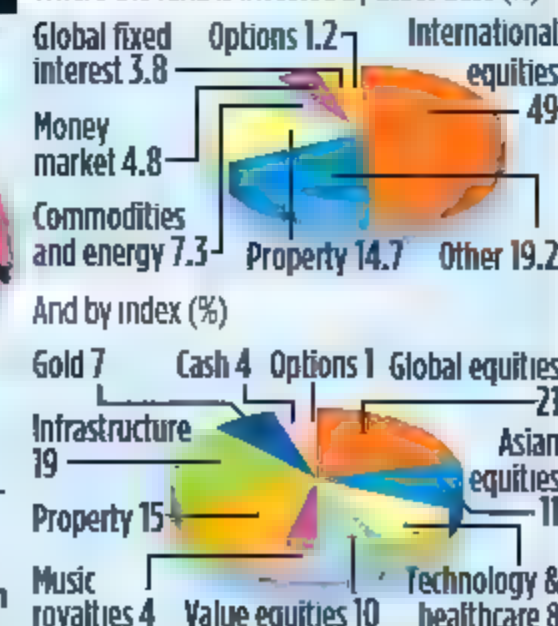
TOP TEN HOLDINGS	(% of fund)
iShares Edge MSCI World Value	5.69
Digital 9 Infrastructure	4.99
Life Science REIT	4.93
iShares Core MSCI Japan	4.33
Bellevue Healthcare Trust	4.07
Hipgnosis Songs	3.98
Warehouse REIT	3.89
LXI REIT	3.85
Sequoia Economic Infrastructure	3.85
Matthews Asia China	3.74

### CERNO SELECT FUND

Has achieved growth over three and five years



Where the fund is invested by asset class (%)





MIDAS



Rosie Murray-West

# Cake maker is set to rise – even in leaner times

'LET them eat cake' has an unfortunate resonance in today's cost-of-living crisis, but Britain's largest packaged cake maker Finsbury Foods is hoping the nation won't give up on its sweet tooth as inflation bites.

If you've had Thorntons caramel shortbread, a Mary Berry-branded chocolate sponge or a boozy Gordon's gin cake, you have been eating the fruit of the company's labours, probably without even knowing it, as the company produces well-known cake brands under licence and sells them at many British supermarkets.

Finsbury is catering to changing food requirements too. After buying Welsh gluten-free bakery Ultrapharm in 2018, it now provides gluten-free bread, cakes and rolls to supermarkets and coffee shops.

Finsbury produced record full-year results this week, but is already warning that the impact of rising costs will be significant in coming months, while a public with straitened means may be less likely to splash out on a cake with their coffee this winter.

## FATTENING THE FIGURES

THE AIM-listed company did well to keep results in line with expectations, given the current climate. Chief executive John Duffy cited the firm's increased investment abroad (mainly in France, Belgium and the Netherlands) as well as a strong post-Covid recovery in cake buying as reasons for the 7 per cent increase in UK turnover and 27 per cent rise overseas for the year to the end of June 2022. The company reckons improved gluten-free recipes have boosted demand. But Duffy also credits Finsbury's 'Brilliance' programme for raising profits. This cost-cutting and efficiency strategy has so far allowed the company

to offset inflationary increases by either trimming costs or increasing prices using a new IT system.

'We were able to mitigate most of the impact of the macro challenges through revised commercial

arrangements, operational improvements and other supply chain initiatives,' Duffy says. 'We will continue in the same vein in the new financial year, as these pressures are expected to worsen.'

Full-year figures showed profits hit by the cost of aborted transactions and currency movement. Duffy says that while the company is still considering acquisitions, the current market makes this hard.



HELPING: Great British Bake Off star Mary Berry works with Finsbury Foods, which has successfully cut costs

Profits were down if these exceptional items are taken into account, however the company posted a rise of 12 per cent in pre-tax profit with these taken out.

## LEANER TIMES AHEAD

WHILE Finsbury made dough while the sun was shining, investors are rightly worried about what lies ahead, given the rising cost of living and falling consumer confidence. The impact of inflation and cost pressures was £27 million in the group's last financial year, and this pushed down margins significantly. Unsurprisingly Finsbury is forecasting further cost pressures in the months ahead, which will hit the bottom line further. Duffy says the extra costs will be far higher this year.

This explains the lowly rating of the shares, which are down 18 per cent in the past year, and down nearly 28 per cent over five years.

Chairman Peter Baker (yes, really) acknowledged that at present 'the future is difficult to predict with any certainty as the impact of the inflationary environment is not yet known'. However, he adds that the management 'remain confident in our strategy'.

He says: 'Ultimately, we have a strong track record of moving forwards as a business in difficult times. This gives the board confidence the group will continue to make progress and deliver profitable growth.'

# Octopus is a buy for the brave

WHAT do we all need, but don't value? At the present it is investment in renewable energy, where companies have taken a bashing due to concerns over the capping of power prices in Europe, as well as the impact of higher interest rates and continued global uncertainty.

As a result, many investment trusts that allow investors to get exposure to energy generation from wind, waves or sun are trading below their net asset value – the value of the assets they hold.

In theory, this means that those who snap them up are getting a bargain – but is this really the case? It is important to dig into the details to make sure.

One candidate worthy of scrutiny is Octopus Renewables Infrastructure Trust, which is owned and managed by the same cephalopod that brings some of our energy bills. The trust was launched on the stock exchange in December 2019 with some fanfare. Since then, the share price has floundered, rather

than swum, and this week the shares are only slightly above the price at launch, at £1.01. They are also nearly 7 per cent below the trust's reported assessment of its net asset value at £1.11 a share.

Brokers believe the real discount is even wider, as Octopus will benefit from the Government's reversal of its rise in corporation tax. This had been factored in to the latest calculations. According to the stockbroker Berenberg, this accounts for an extra 1.4p per share on the net asset value, making the shares look like a better bet. How-

ever, a discount to net asset value does not tell the whole story, so we need to dig into more detail before deciding whether to invest.

On the plus side, Octopus's investments play to a long-term theme. We all know there needs to be more investment in renewable energy, and the firm has a broad portfolio encompassing everything from wind farms in Sweden to batteries storing energy in Bedfordshire.

As to rising costs, over half of the firm's projected operational revenue over the next decade is inflation-linked, while its diversification

in terms of geography, currency and type of renewable technology adds to its stability.

However, the energy market is an unstable place to be right now, and prone to government interference.

Europe is planning price caps for renewable energy as other costs soar, and it is hard for firms such as Octopus to predict returns. Interim revenue, reported this week, came in 6 per cent under budget, as the budget was set when power prices were even higher.

Octopus is also in an acquisitive phase and drew on its borrowing facilities to make acquisitions this year. Higher borrowing could be a risk as interest rates rise.

Then there is Ukraine. Octopus's interim results warned it had assets in countries bordering Ukraine and Russia, and net asset value could be hit by any escalation in the war.

Trades on: Main market  
Contact: octopusrenewablesinfrastructure.com  
or orit@octopusrenewables.com

Ticker: ORIT

**MIDAS VERDICT:** Renewable energy is a hard place to be right now. Companies must make predictions as policy shifts around them, and investors such as Octopus must deal with issues in many jurisdictions. On the other hand, the current discount to net asset value, which stockbroker Peel Hunt estimates at 8 per cent after the corporation tax change, makes Octopus attractive. If you believe in renewable energy in the long term, and have time to wait, the 5.1 per cent dividend yield makes taking the plunge more attractive. At current levels, the trust is a buy for the brave.

**MIDAS VERDICT:** Investors considering Finsbury must decide whether they believe in Baker and Duffy's strategy and ability to get through hard times. If they do, there is much to be said for cutting a slice of the firm. The shares are trading on an undemanding seven times forward earnings and yielding 3 per cent. At this level, and with sterling weak, they could be a tasty morsel for a private equity firm or overseas rival.

The company has a new credit facility too, which should help it withstand turmoil and perhaps make acquisitions of its own.

Duffy believes that the firm has more savings to squeeze with the Brilliance programme as it rolls out integrated systems across Finsbury's different brands. They won't cancel out the impact of inflation, he admits, but they will help.

Those with patience could benefit in the long term. Buy on current weakness.

Why £65bn pensions panic mustn't stop you saving into a nest egg

Financial Mail

STARTS ON PAGE 125

Traded on: AIM  
Contact: finsburyfoods.co.uk  
or 029 2035 7500

Ticker: FIF

JOANNE HART IS AWAY



By Rosie Murray-West

**M**AKING money from emerging markets is not easy. Even veteran investor Terry Smith, hailed as Britain's Warren Buffett, has announced he is winding up his fund that operates in the region, because it has 'underperformed expectations'.

Smith's Fundsmith Emerging Equities Trust is the third emerging markets fund to shut within just a few months, following on the heels of Jupiter Emerging & Frontier Income and ScotGems.

But these fund disappointments do not mean that emerging markets are lacking in investment opportunities. Many experts believe they have the potential to outperform developed markets over the next few years.

However, investors may have to accept a lot of stomach-lurching volatility along the way – and be prepared to work to seek out the best opportunities.

## SO WHAT EXACTLY ARE EMERGING MARKETS?

THAT is the name given to fast-growing economies yet to reach their full potential. Like many labels put on our investments, the term is one of convenience that conceals a huge spectrum of markets.

There are as many as 24 countries in the main index of emerging markets – as diverse as South Korea, China, Brazil, Mexico, Thailand, Vietnam, India and South Africa.

## SHOULD INVESTORS FOLLOW SMITH OUT OF THE DOOR?

INVESTING in emerging markets is generally seen as riskier than in so-called developed markets. In many cases, the accountability and governance may be less reliable. Therefore, while there is often opportunity for rapid growth, there is plenty of volatility along the way.

Emerging markets have had a very difficult year, with stock markets falling in value by 25 per cent overall in the past year. By comparison the S&P 500 Index (a barometer of the health of big US companies) fell by 11 per cent.

Funds that contained Russian investments have been particularly hard hit after global sanctions rendered them all but worthless. These include Fidelity Emerging and Barings Emerging Europe, which has refocused on Europe, the Middle East and Africa.

A ripple effect from the war has affected other markets, by pumping up the cost of energy and food. 'It has driven Sri Lanka to the point of bankruptcy,' says James Carthew, investment trust expert at data group QuotedData.

China is the largest component of many emerging market funds and rich with investment opportunities. However, UK investors are shunning the Chinese stock market in droves, as a result of its appalling treatment of the Uighurs in the north-western region of Xinjiang, together with its intimidation of near neighbour Taiwan and refusal to denounce Vladimir Putin's war on Ukraine.

## WHAT ABOUT THE OPPORTUNITIES?

INVESTING in emerging markets requires a strong stomach and a long time horizon. Younger investors who have decades to ride out the ups and downs could reap

rewards. Others who are likely to need their money within a few years may find it too risky.

Jason Hollands, managing director at wealth manager Evelyn Partners, is optimistic about emerging market funds. 'My belief is that emerging markets will outperform developed market equities over the next year and a half,' he says.

Hollands adds that the issues with Smith's emerging market fund were to do with the way it was structured, rather than any systemic problem with investing in emerging markets.

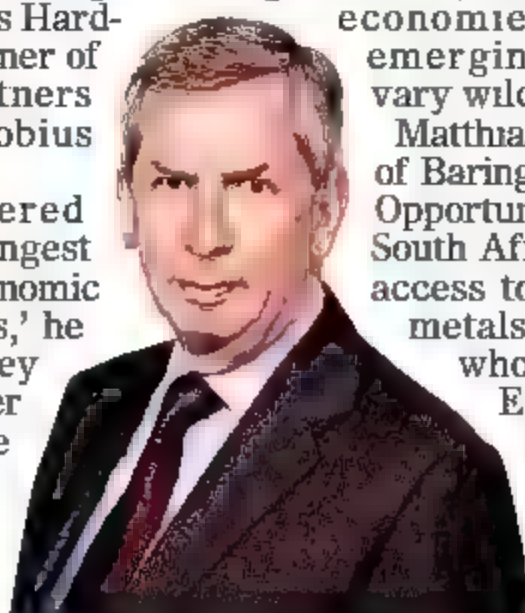
Dzmitry Lipski, head of funds research at investment platform Interactive Investor, agrees that Smith's exodus does not necessarily mean that emerging markets no longer present opportunities. 'We wouldn't take this as a broader "sell sign",' he says.

## COULD THEY BE ABOUT TO TURN A CORNER?

EMERGING markets are ripe for a recovery, says Carlos Hardenberg, founding partner of Mobius Capital Partners and manager of Mobius Investment Trust.

'They have suffered through one of the longest and most difficult economic downturns in decades,' he says. 'As a result, they look stronger than ever before. This is not the

**MOVE:** Terry Smith shut his emerging markets trust



time to sell. It's time to buy.' There are plenty of reasons to be excited by many of these markets. Many have a growing middle-class, who have more money to spend and an appetite for consumerism.

Emerging markets are also generating more than half of global economic growth, despite the recent challenges. Chetan Sehgal, who runs the Templeton Emerging Markets Investment Trust, is particularly excited by technological innovation in the sector.

'Emerging markets are home to companies with exposure to new technologies driving future sustainable economic growth,' he says. 'From solar and electric vehicle battery producers to semi-conductor designers and manufacturers, the acceleration of innovation is driving our confidence.'

## A SPRAWLING AREA... SO FORTUNES VARY

EMERGING markets cover a huge global area, with many divergent economies. As a result, emerging market funds vary wildly.

Matthias Siller, co-manager of Barings Emerging EMEA Opportunities, is excited by South Africa, because of its access to a broad range of metals. Charles Jillings, who runs the Utilico Emerging Markets Trust, has 22 per cent of his fund in Brazil, which is looking cheaper than for some

months. Others are excited by India, a favourite of Darius McDermott, managing director at wealth platform Chelsea Financial Services. 'The demographics are great, and the politics are business friendly,' he says.

## DON'T PILE IN... BUT DRIP-FEED INVESTMENT

EVEN if you are confident about the potential for emerging markets, it makes sense to keep your investments small and diverse.

McDermott recommends investing slowly. 'I wouldn't be piling in a lot of money right now, but drip-feeding a little might pay off over the long term,' he says.

Lipski suggests that these markets should not make up more than 10 per cent of your portfolio, due to their volatility.

## STUDY CLOSELY THE FUNDS YOU PICK

EMERGING market funds vary wildly, so it is important to check what you're buying.

John Moore, senior investment manager at wealth manager Brewer Dolphin, suggests JP Morgan Emerging Markets. It invests across different markets, with India its top holding, followed by China, Taiwan and South Korea. It has risen 5.6 per cent over three years and fallen 22 per cent over one.

He also likes BlackRock Frontiers Investment Trust, which invests beyond the traditional emerging markets. It has risen 14 per cent

## STOCK EXCHANGE IDENTIFICATION CODES

Utilico Emerging Markets Trust	BD45S96
FSSA Global Emerging Markets Focus	BZCCYG2
BlackRock Frontiers Investment Trust	B3SXM83
JP Morgan Emerging Markets	BMXWN18

over three years and 0.4 per cent over one

'Its largest exposure is to Saudi Arabia, then Indonesia, Thailand, Kazakhstan and the UAE,' he says.

For those wanting something more traditional, McDermott recommends FSSA Global Emerging Markets Focus which, he says, 'invests in 40 to 45 large and medium-sized quality companies that can demonstrate sustainable and predictable growth'.

It has risen 0.4 per cent over one year and 10 per cent over three.

Meanwhile, Hollands, Lipski and Moore all mention the Utilico Emerging Markets Trust.

Moore says that the fund focuses on infrastructure, which makes it less prone to violent swings in value. This is because governments tend to invest in infrastructure through all stages of an economic cycle, so it may perform well even in tough times.

The fund is down 0.5 per cent this year, but up 0.6 per cent over three years.



**HIGH RISK?** Skyscrapers in Mumbai, India, whose growing middle-class makes it an emerging market favoured by investment experts

As stock picker dubbed the British Warren Buffett winds up fund that wasn't doing well...

# Should YOU steer clear of emerging markets too... or is it time to buy?





The Seychelles are home to a pirate's undiscovered £100m loot but Siobhan Grogan goes in search of the islands' Creole culture – and some pretty kooky wildlife

**T**HINK of a string of idyllic islands scattered like pearls across the glittering Indian Ocean and you'll almost certainly imagine the Maldives. But head closer to the eastern coast of Africa and the Seychelles archipelago has the same soft sandy beaches, kaleidoscopic sea life and blindingly blue ocean, yet with attractions and amenities that won't leave you feeling like a stranded Robinson Crusoe.

It's no wonder that the country – made up of 115 islands – is a magnet for high-profile honeymooners such as actress Salma Hayek and her billionaire husband Francois-Henri Pinault, George and Amal Clooney and the new Prince and Princess of Wales.

'Visitors come here who've also been to the Maldives and say that it's beautiful there but after three days they're bored,' says Nils Roberts, a tour guide on the Seychelles' largest island, Mahe (cocotiertours.com). 'In Mahe you can tour the capital, Victoria, or hike or visit heritage sites and museums. You can even do trips to other islands. You don't have to sit on the beach all day – although you can if you want to.'

In the Maldives, each island tends to belong to a resort, so to visit another usually means having to check in. In contrast, the main islands in the Seychelles are connected by a reliable ferry service, so you can either zip about between them yourself or join organised tours.

Among the largest, the almost car-free La Digue has beaches straight out of a daydream – the palm tree-fringed sands of Anse Source d'Argent are often named the most beautiful in the world.

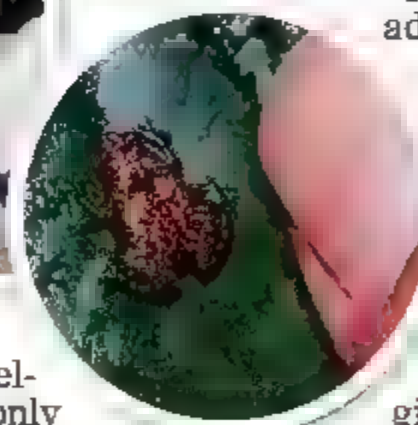
**V**OLCANIC Silhouette is ringed by a protected marine reserve for swims alongside lionfish, turtles and whitetip sharks, while the second-largest island, Praslin, is the place for stunning sunsets. It's also home to the Unesco-listed Vallee de Mai, a prehistoric forest which was presumed to be the Garden of Eden by British General Charles Gordon when he visited in 1881.

It's one of only two places in the world where the endangered coco de mer grows naturally – an enormous double coconut that can weigh more than 40lb (20kg) and is the world's heaviest seed.

However, to really experience the Seychelles beyond the beaches, you'll need to base yourself on Mahe. Home to 90 per cent of the archipelago's population and its international airport, a vibrant Creole culture reveals historic ties to Africa, India,



**DREAM DESTINATION:** Anse Source d'Argent beach, top. Top left and left: The five-star Hilton Resort & Spa. Below: A tiny native frog



Portugal, France and Britain. Uninhabited until the 18th Century, the first to roam Mahe's shores were pirates – it is rumoured that one of them, Frenchman Olivier Levasseur, left behind buried treasure worth some £100 million. The French soon claimed the archipelago as their own, naming it after Louis XV's finance minister, Jean Moreau de Sechelles, and brought in slaves from Africa and India. It was handed over to Britain in 1814 following the Napoleonic Wars and remained a colony until 1976, when it became the independent Republic of Seychelles. Now Mahe is the country's

largest and most developed island, although only 17 miles long. It is also the best place to stay if you're not working with a billionaire's honeymoon-sized budget – reasonably priced accommodation includes Blue Hill B&B in Victoria costing about £115 per double room per night (bluehill.sc), and Panorama Guesthouse, close to the popular Beau Vallon Beach, at about £90 per double room per night (panorama-seychelles.com).

Beau Vallon is also the best place for cheap eating, with a handful of ocean-front

cafes, beach shacks and stalls selling fish hauled straight from the sea just feet away. Octopus is a staple, caught by local fishermen who wade into the water at low tide with a sharpened stick and length of twine. Try it cooked with coconut and cinnamon in creamy curry served from vats at the night market every Wednesday. Afterwards, browse the craft stalls or grab a SeyBrew beer and watch live Moutya music played on goatskin drums around campfires.

For serious indulgence, stay close by at the adults-only five-star Hilton Seychelles Northolme Resort & Spa, with a view so good it inspired James Bond author Ian Fleming when he was struggling to write *For Your Eyes Only*. Here villas on stilts, many with expansive private pools, are dotted across a forested hillside that tumbles straight on to a private beach, traditional Creole dishes have a fine-dining twist, and the Seychelles' only gin bar serves up cocktails with uninterrupted sunset views over the ocean.

The resort is also leading the way on Mahe when it comes to protecting the Seychelles' future, aware that by 2050 it's estimated that 90 per cent of the world's coral will be dead. To do its bit to preserve paradise, it created the island's first artificial reef and now runs a coral-restoration programme alongside the Marine Conservation Society.

Guests can join guided snorkelling trips to the underwater nurseries where ideal growing conditions help young coral flourish, or even adopt a coral to track its growth after they return home, with pictures and a GPS location provided once the coral is replanted in the ocean. Hundreds have been adopted so far and the work is now part of a nationwide move to safeguard the Seychelles' future and its maritime economy.

The resort is also ideally placed to explore the island away from the water, and operates a free shuttle service to Victoria, one of the world's smallest capital cities.

Named after Britain's former Queen, Victoria is a startling contrast to Mahe's tranquil, wave-lapped sands. There are

## HOW MUCH? IT CAN BE CHEAPER THAN CENTER PARCS!

IF YOU have a celebration-sized budget, you won't struggle to splash the cash in the Seychelles.

But if you can resist the five-star resorts, you'll find the Indian Ocean archipelago can be better value than you might have expected.

Research by the Seychelles Tourism Board found that a holiday in the island paradise costs less than a UK staycation in Center Parcs. A week in a four-bed Exclusive lodge in Center Parcs Elveden Forest in Suffolk costs up to £7,198, while the average

price for a family of four spending seven nights in the Seychelles, including flights and hotel, is £5,900.

Karen Confait, marketing director at Tourism Seychelles, says: 'Across the 115 islands, there are many small hotels and guest houses

for a price that will leave you enough to enjoy diving, sailing, hiking, cycling and island-hopping. And keep costs down by using buses, visiting markets and street food stalls to eat – and using all the beaches that are free, which is most of them.'



CRUISE  
NEWS

## A getaway that will give you a rosé glow

WITH winter round the corner, what better time to plan a cruise to sail away from it all. Here's my pick of the end-of-year getaways.

LUXURY all-inclusive line Scenic has added a cruise along the River Douro, sailing from Porto on November 23.

At that time of year, the beautiful northern Portuguese region will be tranquil and temperate, making it perfect for sightseeing.

Visits to vineyards, the lavish Mateus Palace (famed since the 1970s for its place on rosé wine labels), a side trip to the gorgeous Spanish city of Salamanca and a private concert in a church in Porto are all on the itinerary.

Fares are from £2,245pp, including flights (scenic.com).

The onset of dark December at home can be a downer, but the warmth of the Canaries beckons.

Sail from Lisbon for ten nights aboard Norwegian Sun on December 1 and you'll go south to Fuerteventura, Tenerife, Gran Canaria and Lanzarote,



**MAGICAL:** Cologne Christmas market

before calling in at Gibraltar, Malaga and Cadiz on the way back to Lisbon.

Cruise-only fares are from £754pp – down from £1,139pp (ncl.com).

If you have more time to spare, you could swan around the Caribbean for nearly six weeks – at just £75 a day – aboard classic ship Arcadia.

During this full-board round trip from Southampton, you'll visit palm-fringed islands including Barbados, Curacao, Jamaica and Saint Martin, visit the vibrant cities of New Orleans, Miami and Cartagena in Colombia, and pop in to Azores on the way back.

From £2,999pp for departure on November 9 (pocruises.com).

For a festive mini-break, nothing beats the almost magical Christmas markets in Germany. You can feast on gluhwein and gingerbread every day while sailing on the Rhine from Cologne, home to seven different yuletide markets.

You'll also visit Rudesheim, where they lace coffee with local brandy, picturesque Koblenz, and Bonn, the former capital of West Germany.

The four-night cruise aboard MS Oscar Wilde departs on December 21 and prices, from £899pp, include flights and excursions (riveratravel.co.uk).

Caroline Hendrie

# jewels of ISLAND

traffic jams and blaring horns while the extravagant, pastel-coloured Sri Navasakthi Vinayagar Hindu temple looms above it all. A miniature replica of the clock tower on London's Vauxhall Bridge Road marks one busy crossroads, which was brought to the island in 1903 to commemorate Victoria's life.

Narrow streets teem with islanders buying breadfruit, mangos and papayas from roadside tables shaded by umbrellas.

**I**NSIDE the central Sir Selwyn Selwyn-Clarke Market, stallholders yell Creole over bags of cassava chips, sweet red bananas and trays of glossy red snapper and stingray. This is also the best place to pick up souvenirs, including skin-softening coconut oil, bundles of cinnamon sticks and jars of papaya jam.

Afterwards, wander to the excellent National History Museum. Located in the colonial-era Supreme Court building, the museum's fascinating displays tell the story of the Seychelles' 300-year history, showcase Creole culture and explain in

detail the devastating environmental issues now facing the country.

For one of the best views on the island, head to the Mission Ruins of Venn's Town, almost hidden by thick jungle at the top of a mountain in the Morne Seychellois National Park. The crumbling walls are all that remain of a 19th Century school established by the burgeoning Anglican church to educate children of freed slaves.

Many of those brought here had been rescued by the Royal Navy from ships carrying illegally traded slaves after the practice was abolished in the British colonies in 1834. It was these families and their descendants who would go on to establish the Creole culture of the Seychelles today.

This is a great place if you want to get some exercise. The National

Park covers 20 per cent of the island and is criss-crossed by hiking trails and paths which weave through dense rainforest, past giant granite boulders and over cloud-grazing peaks, and where you may not meet another walker for hours.

However, you won't be completely alone, as this is the best place to spot some of the Seychelles' unique wildlife, including the Sooglossus, one of the world's tiniest frogs. Also worth watching out for, sitting in webs shimmering in the sunlight, are palm spiders – they're about the size of a hand – and, when evening falls, huge fruit bats swoop in to feast on mangos.

A guide can help point out the astounding array of flora and fauna along the way, including trees growing cotton, pineapples and cashew nuts.

For spectacular bird's-eye coastal views, the steep Morne Blanc trail scales one of the island's highest mountains, but it is an experience best left to serious hikers.

Instead, follow the Anse Major trail along a rocky cliff edge, between granite monoliths and through a cave buried under tangled tree roots in the rainforest.

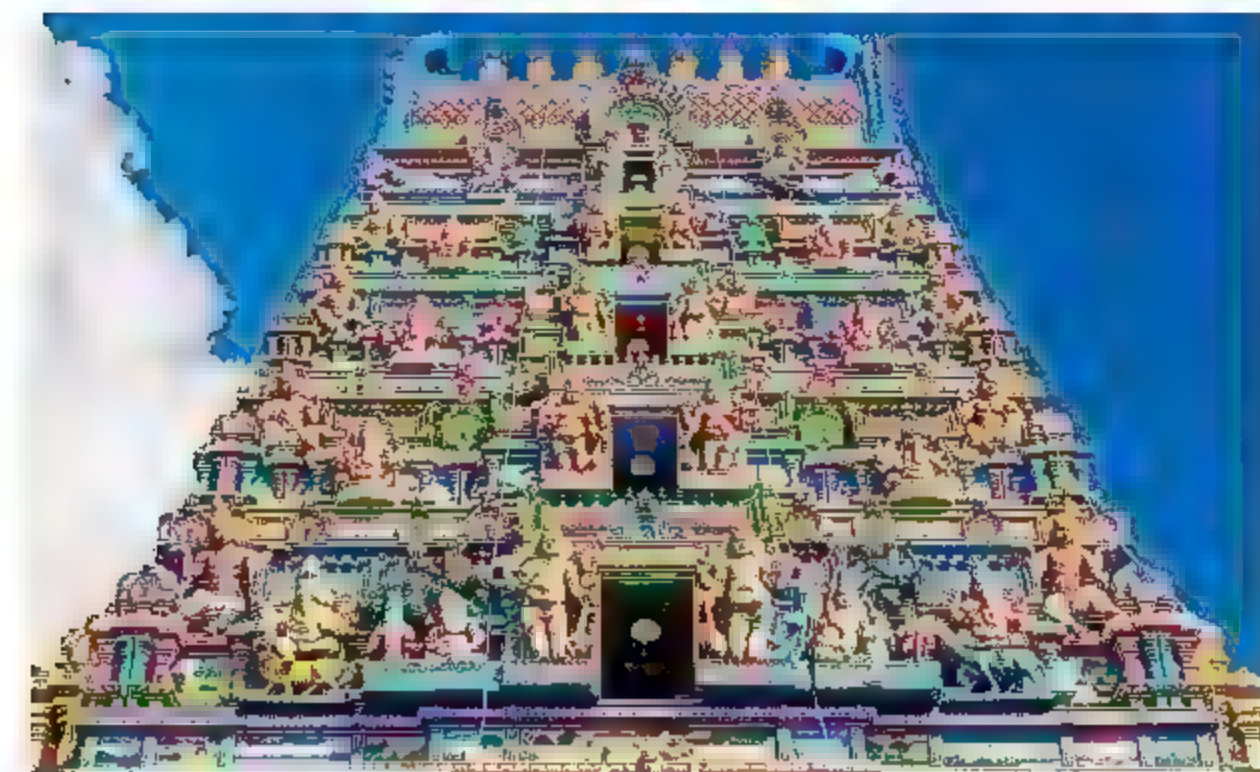
At the trail's end, scramble through the undergrowth to cool off in the clear water of Anse Major beach, a deserted curve of bone-white sand that can be reached only on foot or by boat.

Just one more reason why it would be a mistake to leave this unspoilt island paradise to the newlyweds.

● Siobhan Grogan was a guest of Hilton Seychelles Northolme Resort & Spa, where B&B is from £404 per night for a Sunset Villa (seychelles.hilton.com). Emirates (emirates.com) flies to the Seychelles from Gatwick via Dubai from £729 return. For more information, visit the Seychelles Tourism Board at seychelles.com.

### A NICE PLACE TO HANG AROUND:

Giant fruit bats like this one, above, can be seen feeding when evening falls. Left: The ornate Hindu temple in Victoria





By Sarah Hartley

TRAVEL EDITOR

**G**REENOCK, on the west coast of Scotland, is where actor Martin Compston calls home. It's where he grew up, where he lives with his family for most of the year and where he invited his fellow Line Of Duty co-stars to experience for themselves the attraction of this former fishing port about 25 miles north-west of Glasgow.

In the ten years that Martin starred in the BBC TV crime drama, playing the role of DI Steve Arnott in the anti-corruption unit AC-12, he grew close to the cast and wanted them to experience his Scotland.

He beams with pride as he recalls the scene. 'AC-12 came to Greenock and I was able to take Vicky McClure up to the spot where you can see for miles around, and it was great to watch her say, "Aah, now I get it." It's a beautiful place.'

Greenock also features as the final stop for Martin and fellow presenter Phil MacHugh in their BBC 2 travel show Scottish Fling, a 19-day, 1,000-mile love letter to their country and kin.

The lifelong pals set out on the road trip to discover 'what makes our nation tick today' and end up trying their hand at land yachting rather than golf in St Andrews, and coast-teering (a form of rock-hopping along the shoreline) on the Knydart peninsula, which gives adrenaline-junkie Martin a real buzz.

'I've loved my time in New York and Los Angeles, and my wife is from Vegas, but when you get older and have your family, to be close to your friends means a lot,' says Martin.

'I loved growing up in Greenock. It's got a very rich history and it's unbeatable in the sun, although it does rain a lot... We end the series in a very special spot, overlooking the sea where my friends and I would hang out as teenagers with this incredible backdrop. But it's only now I appreciate it and I feel very emotional about it. On this trip, we get to show who we really are.'

Greenock prospered in the last century with a thriving shipbuilding industry, but the port is now a hub for cruise ships.

'Tourism is Greenock's main industry,' adds Phil. 'You see cruise passengers all come ashore for excursions to Loch Lomond or to play golf.'

**I**N SCOTTISH Fling, the pair charge from coast to coast via the highlands and islands to showcase Scotland as a modern, relevant and fun place to visit – not the twee Victorian concept with pipers and tartan as its legacy.

We discover that Dundee is the driving force behind Minecraft, the biggest video game in the world, and that Abertay University is the first to offer a degree in computer games. But it's the spectacular landscapes that at times leave these two chatty boys lost for words.

'It's an exhilarating place to explore,' says Phil. 'We were adamant to get these places right on the map, to show off our communities and encourage visitors.'

Martin adds: 'We did most of the driving in an electric car, and for anyone who wants to hire one there were more charging stations than you'd imagine, and the roads are far more accessible.'

The most delicious experience sees the pair dine in peace beside Loch Fyne at Inver, the only restaurant in Scotland awarded a green Michelin star for its environmentally sustainable practices.

The former crofter's cottage and boat store is now a restaurant with bothy-style bedrooms in the grounds. Chef Pam Brunton with

**DUTY CALLS:** Martin Compston and Phil MacHugh in Greenock at the end of their road trip across Scotland



# US is fabulous – but there's no place like home

...says Line Of Duty's Martin Compston, as he falls back in love with Scotland's dramatic landscapes on a 1,000-mile TV road trip



**LINE OF FIRE:** Beltane Fire Festival in Edinburgh. Inset: Fresh oysters

partner Rob Latimer offer a contemporary take on traditional and forgotten Scottish recipes using local wild, foraged and farmed ingredients to create dishes such

as monkfish, sea and shore kale and seaweed sabayon.

While Phil is shown shucking the oysters like a pro, Martin now recoils at the memory. 'No. Oysters

are not for me. I loved it when we cooked Arbroath smokies on the trip at Auchmithie Beach but I can't be doing with bones and skin.'

Martin swings into full animation when asked if deep-fried Mars bars are still on the Scottish menu.

'No one I know has EVER had one – I see chip shop owners laughing all the way as it's a thing for tourists, and no local EVER eats FRIED MARS BARS.' He pauses. 'It feels very frustrating to think people even believe that stuff!'

Point taken. Phil jumps in. 'There is definitely a surge in farm-to-fork dining, even in cities such as Edinburgh. I'd recommend visitors try Tom Kitchin – he's phenomenal, a pioneer of new Scottish dining. The Kitchin is on Leith waterfront, has a Michelin star and is all about contemporary Scottish dishes.'

'Tom's not pretentious, and celebrates good food, so for a Sunday kind of gastro pub try The Scran And Scalie or The Bonnie Badger, his restaurant with rooms in Gul-

lane, where in the summer months they offer a very bouji BBQ menu.'

Martin, who is currently filming in Glasgow, says the area is flourishing, adding: 'There are fabulous restaurants which weren't there 20 years ago, and they're all independent, all Scottish proprietors.'

'Chateau-X, from young Scottish chef Nico Simeone, is where I had one of the best steaks ever.'

Phil says: 'It's reminded me how much there is to discover on your own doorstep. I'm in Edinburgh and had no idea what The Beltane Fire Festival on Calton Hill was all about, but it's a pagan ritual inspired by the ancient Gaelic festival of Beltane to celebrate the start of summer. It's massive, with 10,000 people. It's an amazing event.'

Martin nods. 'I've fallen in love with Scotland all over again,' he says. 'It's the people.'

● Martin Compston's *Scottish Fling* is on BBC2 on Friday at 9.30pm. All episodes are available on iPlayer.



# Savour the food and wine of Bordeaux with TV chef James Martin



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**F**OR lovers of fine food and wine, there are few places better to visit than the south west of France.

TV chef and presenter James Martin describes the region as 'the food destination that has it all' - and he'll share its secrets and delights with you on this eight-day luxury river cruise along the Garonne, Dordogne and Gironde.

The chef - who hosts his own ITV show, James Martin's Saturday Morning - says his early trips to the Bordeaux region are what cemented his passion for food and set him on the path to a culinary career.

He worked as a trainee in the Michelin-starred Hostellerie de Plaisance in Saint-Emilion and is a regular visitor to this beautiful part of France.

James will share his passion for the region during an exclusive talk about his career, as well as giving a cooking demonstration. You will also enjoy a special gala dinner with a menu created by James.

Setting off from Bordeaux, you'll discover the Unesco-listed citadel in Blaye, a magnificent historic fortress. You'll travel onwards to visit traditional wineries and charming chateaux in Cussac-Fort-Medoc, Cadillac and Saint-Emilion while learning all about this romantic region's history and wine culture.

Your gourmet voyage ends where it began: in beautiful Bordeaux.

You'll be travelling on SS Bon Voyage, the newest and most luxurious river cruise ship in France. The vessel is uniquely designed to surround guests in French culture, art and wine, from its lovely, polished-wood lobby to the marble-bathroom staterooms.

On board, you will find a choice of restaurants offering five-star cuisine with all meals and unlimited drinks

included, as well as a lounge, sun deck with stunning infinity pool, well-equipped fitness centre and the luxury Serenity River Spa.

## REASONS TO BOOK

**Meet James Martin:** In his book James Martin's French Adventure, James writes: 'France is the place that made me the chef I am today.' In the course of an exclusive talk, he will tell tales of trying his first croissant during his formative years working in kitchens in the area and give a special demonstration of how to create classic dishes.

**Explore beautiful Bordeaux:** Discover Bordeaux, the famous port city on the Garonne known for its Gothic cathedral, 18th and 19th Century mansions and renowned art museums. Explore the charming medieval village of Saint-Emilion, with its world-famous wineries and beautiful architecture, and the fascinating, Unesco-listed citadel in Blaye, built to protect Bordeaux from invasion from the sea.

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**HAZY DAYS:** The vineyards of Medoc. Inset: Majestic Bordeaux

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## OUR SPECIAL GUEST

**BEFORE** starting his television career, James Martin, right, travelled throughout France working in chateaux kitchens. At 21, he joined the Hotel and Bistro du Vin in Winchester as Head Chef. His TV shows have included James Martin's American Adventure, Saturday Kitchen and James Martin's French Adventure. His restaurants include James Martin Manchester and The Kitchen at Chewton Glen.



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**The dates:** April 2 to 9, 2023. **The price:** From £2,399pp\*.

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TERMS AND CONDITIONS: \*Price based on two sharing a Classic cabin, subject to availability, for bookings made before October 31, 2022 (usual price £2,699pp). Deposit: 15 per cent. Single supplement on request. Price and itinerary subject to change. Local charges may apply. In the case of unforeseen circumstances, expert(s) may be substituted and will not join you for your full trip duration. Travel insurance is not included. This holiday may be sold through other selected brands and is subject to the booking conditions of Uniworld River Cruises Limited (ABTA and ATOL protected).



## HOLIDAY HERO

EVERY week, our Holiday Hero **NEIL SIMPSON** takes an in-depth look at a brilliant holiday topic, doing all the legwork so you don't have to. This week: the best city tours in Dubrovnik.

IT'S the jewel of a city on the edge of the Adriatic offering everything from cathedrals to cable cars and fortresses to film sets. Dubrovnik is also a top mini-break choice for autumn, thanks to blue skies, mild temperatures and plenty of good-value, direct flights.

Experts at the Croatian tourist office ([croatia.hr](http://croatia.hr)) say that walking tours are the best way to discover Dubrovnik's secrets and navigate its maze of narrow alleyways.

A great option for first-time visitors is Discover Dubrovnik, running twice daily at noon and 4.30pm in the autumn. Start point is the sixteen-sided Large Onofrio's Fountain, one of the world's best-disguised water cisterns.

You then pass the red-roofed buildings of the city's gleaming, marble-paved main streets on a 90-minute exploration of Dubrovnik's past. It's a heady mix of art, earthquakes, invasions and Unesco-approved reconstructions.

Hear about everything from a Titian in the cathedral to city forts with drawbridges and 40ft-thick walls.

Recent guests say that guides offer plenty of recommendations



**ADRIATIC JEWEL:** A dramatic view of Dubrovnik old city. Below: Rector's Palace, a Game Of Thrones location

# Take steps to find the real Dubrovnik

for places to eat and drink after the tour, including some cliff bars with views out to sea. Tour tickets cost £15 from guides or online. ([dubrovnik-walking-tours.com](http://dubrovnik-walking-tours.com))

Dubrovnik's most recent claim to fame is as the setting for TV's Game Of Thrones. Whole streets, palaces and city gates were reimagined as the fictional King's Landing and were used as more than a dozen key filming locations, from the Red Keep to the Battle of Blackwater. Dozens of companies offer

GoT-themed walking tours, but guides on the two-hour Dubrovnik Game Of Thrones Tour may well offer more inside information than others – as many of them worked as extras on the set.

Expect to be shown stills and screen shots as you see locations from the early scenes in series one right up to the show's spectacular climax.

In autumn, the tour takes place twice a day at 11am and 4pm and also starts at Onofrio's

Fountain. Tickets cost £18 ([dubrovnik-walking-tours.com](http://dubrovnik-walking-tours.com))

The perfect late-afternoon tour for foodies comes from a family-run company created by two food- and history-loving sisters, with culinary input from their mother and grandmothers.

Their Dubrovnik On A Plate experience takes you through the heart of the old town, stopping at different cafes, restaurants, bars and food markets for tastings. The relaxed, three-hour tour ends at about 6pm, by which point many guests say they've eaten enough to skip dinner.

The sisters also offer a 'Pick, Cook, Eat' cooking class in the countryside. You're driven to a family home surrounded by fields, welcomed with Croatian wine and asked to pick wild spices before preparing dishes such as Dalmatian peka (lamb or veal baked under an iron bell). Home-made breads and local desserts are also included.

Food tours cost from £95 each, cooking lessons from £125. ([dubrovnikfoodstory.com](http://dubrovnikfoodstory.com))

Recent visitors also rave about a unique, early evening Singing Tour & Dubrovnik Old Town Walking Tour led by a guide who sings in local choirs and teaches traditional songs. Evenings start with a bottle of wine under the plane trees of a restaurant's waterside terrace, where you'll learn about the city's history, churches, theatres and musical traditions. As you explore quiet streets and corners, you can hear your guide sing and are encouraged to join in a chorus.

The small-group private tour costs £150 for up to four guests. ([toursbylocals.com](http://toursbylocals.com)).



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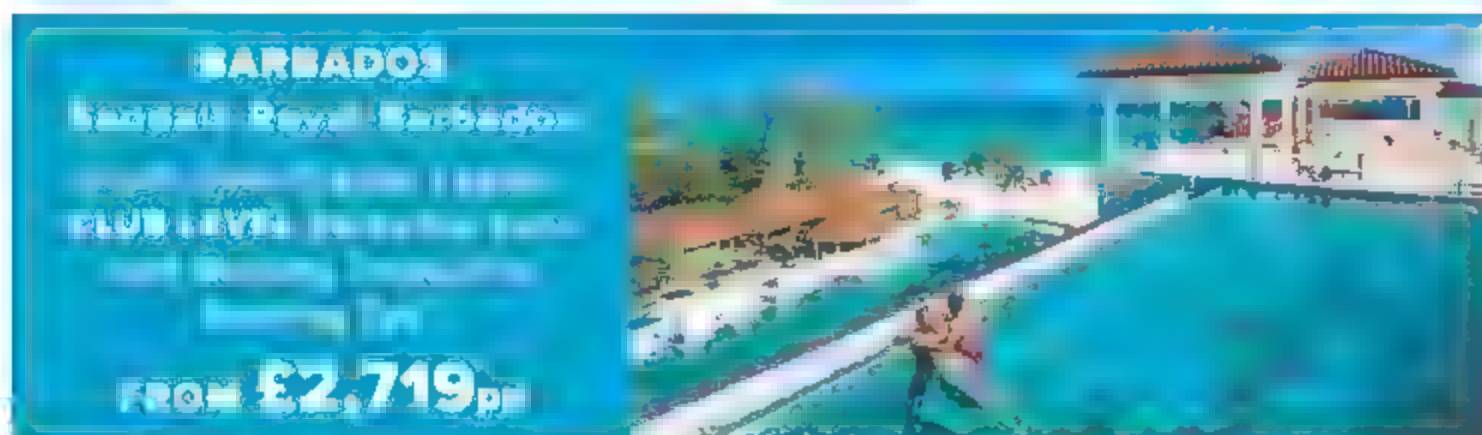
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'OOH, posh!' says the taxi driver who picks me up from Uttoxeter railway station when I tell him where I'm going.

The Duncombe Arms in Ellastone clearly enjoys a reputation locally as the place to go for a special meal, and it's well-deserved.

Unusually for somewhere serving fancy food, it still has the atmosphere of a proper village pub. Pop into the bar and you get the impression that were you to return in a year, or even ten, the same regulars would be occupying the same spots.

The Duncombe, a 19th Century inn, had been shut for many years until it was renovated and reopened a decade ago by Johnny and Laura Greenall. Johnny, a successful former amateur jockey, is a scion of the Greenall brewing dynasty and Laura is a former chef – a pretty good combination for a pub.

The centrally situated dining room, in which bold, modern paintings of cows and sheep hang on the exposed brickwork, is intimate and atmospheric.

There's a cheaper bar menu with staples such as ploughman's,



burgers and fish and chips, but the a la carte dinner menu changes regularly. During my visit, main courses featured dry-aged Cumbrian pork chop, charred cos lettuce and Nduja salami and Staffordshire lamb rump, sea beet, curried mussels and lamb bacon.

I started with creamy chicken liver parfait and fennel crackers and, for my main course, I had hand-rolled nettle fazzoletti with young peas and nasturtium flowers. I followed up with the cheese

selection, which included a couple of unusual and delicious Spanish varieties. In the dining room there was a party of very appreciative Americans visiting British friends – I couldn't help thinking how disappointed they'd be when they discovered that not all British restaurants are this good.

The full English breakfast the next morning was also excellent – bacon, sausage, a meaty field mushroom, perfectly poached eggs and both black and white pudding. It

came with (and it's surprising how unusual this is) really good coffee.

There are ten bedrooms in Walnut House, a stylishly decorated building adjacent to the pub itself. The rooms, all different, are elegant and cosy, with artisan wallpapers, Egyptian cotton bed linen, Roberts radios and Nespresso machines.

My room looked out across grazing sheep and a brook towards the verdant Dove Valley. Although the Duncombe Arms is next to a B-road, at night the only sound was



**ELEGANCE:** One of the rooms at Duncombe Arms, left. Above: Its restaurant has a well-deserved reputation for fine food

of an owl and occasional gentle baas. Ellastone is a charming little village on the edge of the Peak District, with Chatsworth and Kedleston Hall under an hour away by car. There are beautiful walks that can be taken from the pub, and the area is also a renowned centre for climbing and caving.

Ellastone has two major literary connections: novelist George Eliot's father lived there and it is the setting for some scenes in her novel Adam Bede; and French philosopher Jean-Jacques Rousseau worked on *The Confessions* while staying there in 1766.

And if you can't get a room in the Greenalls' excellent pub, there is a luxurious three-bedroom cottage available to rent in the grounds of their nearby home, Wootton Lodge.

Neil Armstrong

● B&B costs from £195 a night ([duncombearms.co.uk](http://duncombearms.co.uk)).

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#### Havana

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#### St. John's

With its candy-coloured market stalls and kaleidoscope of coral reefs, Antigua's energetic capital city really is a treat for the eyes (and the taste buds).

Day	Port	Country	Arrive	Depart	Stay
1	London Tilbury	UK		17:00	
2-3	At sea				
3	Leixoes for Oporto	Portugal	08:00	14:00	6h
5	At sea				
6	Funchal	Madeira	09:00	16:00	7h
7-8	At sea				
9	Mindelo, Sao Vicente	Cape Verde	12:00	19:00	7h
10-14	At sea				
15	Bridgetown	Barbados	09:00	20:00	11h
16	St. George's	Grenada	08:00	21:00	13h
17	Kingstown	St. Vincent & the Grenadines	07:00	15:00	8h
18-19	At sea				
20	Montego Bay	Jamaica	09:00	21:00	12h
21	Santiago de Cuba	Cuba	09:00		
22	Santiago de Cuba	Cuba		15:00	30h
23	At sea				
24	Havana	Cuba	15:00		
25	Havana	Cuba		23:00	31h
26	At sea				
27	George Town	Cayman Islands	08:00	18:00	10h
28-29	At sea				
30	Road Town	Tortola, BVI	08:00	18:00	10h
31	St. John's	Antigua	07:00	17:00	10h
32-37	At sea				
38	Ponta Delgada	Azores	09:00	17:00	8h
39-42	At sea				
43	London Tilbury	UK	08:00		

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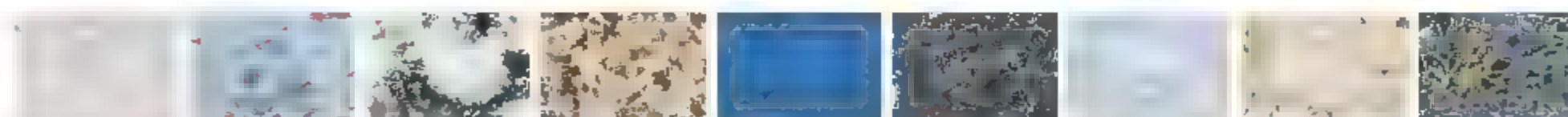
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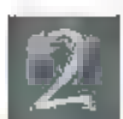
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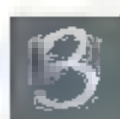
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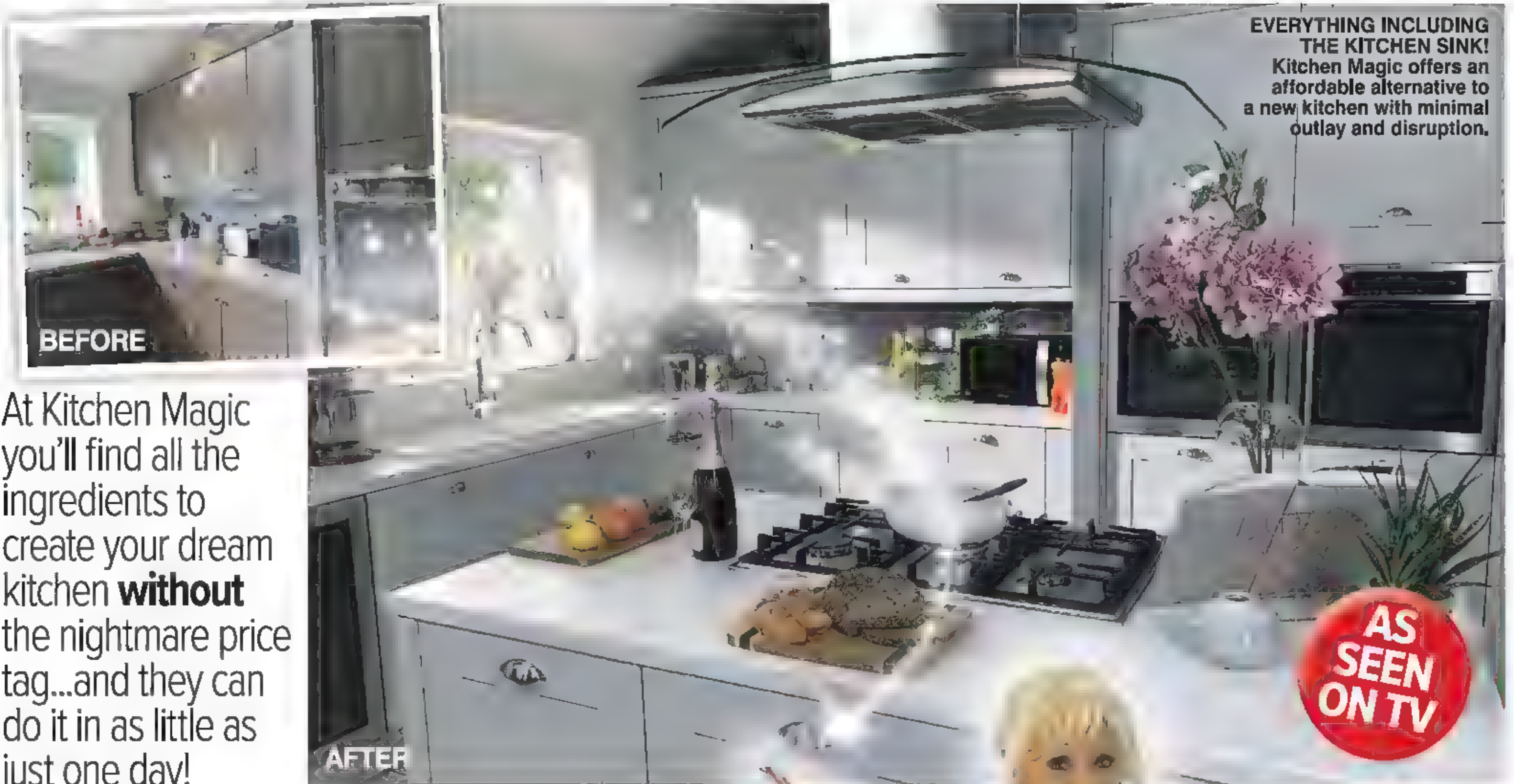
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At Kitchen Magic you'll find all the ingredients to create your dream kitchen **without** the nightmare price tag...and they can do it in as little as just one day!

**H**aving a brand-new fitted kitchen can seem like a daunting and expensive prospect, but Kitchen Magic offer a fantastic hassle-free alternative that won't break the bank or leave you living in a building site for weeks on end. A kitchen makeover rather than a complete re-fitting is the latest trend in cost saving home improvement, and it's no wonder it's become so popular! By replacing only the cupboard doors and drawer fronts and leaving your existing units in place, you can create a brand new looking kitchen without the cost, mess and upheaval that you might have imagined.

Let's be honest, most of us don't really have much scope to completely change the layout of our kitchen; we like our sink in front of the window and in general are bound by existing electrical points, pipe work and doors. So, if it works well the way it is, why change it? It's the aesthetic elements of the kitchen that tend to bear the brunt of everyday life and suffer the most wear and tear. This means that in most cases, whilst your doors and drawer fronts may be showing their age, your units more than likely

“My kitchen was starting to look a little tired. Then a friend told me about Kitchen Magic. They transform your kitchen in as little as a day by replacing doors, drawer fronts and worktops quickly and without any fuss...a new looking kitchen for less than you think!”

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## “Upgrade your kitchen in as little as a day as if by Kitchen Magic!”

have many years of life left in them! Whether you're opting for a complete design overhaul or just sticking to what you know and love, with over 400 style and colour combinations, Kitchen Magic have a team of regionally based Designers across the UK who are ready to work with you to create the kitchen you've always dreamed of. But it doesn't stop there; Kitchen Magic can also replace your worktops, sinks, taps and appliances to provide those all-important finishing touches. From cost-effective yet surprisingly durable laminate countertops, to top of the range granite and marble, Kitchen Magic's vast product range caters to all tastes and budgets. If you're struggling for storage space, take a look at their range of hidden in-cupboard storage solutions to give your kitchen that extra pinch of practicality that

you've always wanted.

With all items tailor made to your requirements, you needn't worry about the fit of your new cupboard doors and drawer fronts. Kitchen Magic offer a full and completely bespoke service, from the initial design visit and survey to manufacture at their Midlands base and installation by expert craftsmen.

If you're looking to transform your kitchen quickly and effectively, this specialist is the one to choose. A little magic goes a long way.

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# I'm half man, half turmeric!

**R**UNNING is as good for your head as it is for your body, says James Pardey 54, a devoted runner, cyclist, father of two and a coder specialising in medical applications. 'For me, running has always been about headspace.'

'Stresses of life pile up. Then you go for a run and it's like a release valve. It's my joyful thing.'

He has been running since childhood. 'But it hasn't been getting easier as I get older,' he says. 'During lockdown, started thinking, crumbs, maybe my running days are over' James saw an ad for



Picture: FUTUREYOU TURMERIC+

Turmeric+ from FutureYou Cambridge, renowned for developing high-quality health supplements backed by cutting-edge scientific research. 'I'd

heard about turmeric, but the ad talked about this being 30 times more absorbable than standard turmeric powder. My background is science-based and I thought, okay, get it. That sounds really good.'

James started on a free trial, one-month supply and took it every day. At first, he didn't notice any change. 'It was only when I came off it that I realised. Within a week or two was, 'ke, whoa! hadn't realised that it was making a difference.'

James signed back up for the subscription and has taken it every day ever since. 'I'm half-man, half-

turmeric,' he laughs. 'Just feel like everything's in its right place. Feel fantastic and the running's going really well. 'I've been hammering the runs, doing 10 to 13 miles, three times a week.'

'I've just started racing again. It's been great. 'I've recently done the London Triathlon, a half-marathon in less than 90 minutes, and Bushy Park Park run in less than 20 minutes.'

'I'm genuinely amazed by the effect of Turmeric+, especially in terms of day-to-day well-being. It's transformative.'

'As far as I'm concerned, I'll be taking it for the rest of my life.'

## Gel helps Anne to control her reflux

THE burning pain of reflux acid rising up into her throat has troubled Anne Pritchard, 73, for more than ten years. Nights are particularly frightening as reflux causes her to cough and wake up breathless.

'It can be scary. The acid literally burns the back of my throat, leaving it red and sore. And I get a horrible taste in my mouth.'

'I can't take some indigestion medicines because of the side effects — I get all the ones listed!' Anne (pictured) says she follows all the usual advice, from not overeating to avoiding trigger foods and taking time out to relax.

'Reflux affects my social life,' she explains. 'I find it hard to enjoy meals with family and friends as there are so many foods and drinks I have to avoid. And my voice can be affected.'

She adds: 'I've been using Silicolgel for around two years. It definitely helps control the amount of acid and number of episodes of reflux and is especially helpful when eating out socially or on holiday.'

Silicolgel contains silicic acid in a colloidal



Picture: SILICOLGEL

and hydrated gel that can relieve upper gastrointestinal disorders including reflux, heartburn, stomach pain, nausea, abdominal discomfort and flatulence. Once taken, the gel forms a protective and soothing coating that lines the stomach, adsorbs irritants, and passes them out of the body.

Users often report relief from symptoms, feeling in control of their life again and being able to exercise, cope better at work, use public transport and accept social invitations.

Silicolgel can be purchased in bottles or travel-sized sachets from Boots, Superdrug, Holland & Barrett and health stores.

## Jargon-free guide to smartphones

**SMARTPHONES** — mobile phones that can connect to the internet — are everywhere these days. You might well have one yourself or be thinking of getting one.

A smartphone enables you to do so much — browse the web, use it as a satnav, take photos or videos, see images friends have taken, play games, make video calls, the list goes on!

Oh, you can use it as a phone as well, of course — for calls or text messages. But the catch is, it's only easy

to use a smartphone if you've been properly shown how. And like most modern gadgets, you don't usually get a manual. You could ask a tech-savvy friend to show you, of course, but they might whizz through it too quickly. And then you can't easily go back and check over something.

That's where a new book, in two versions, comes in — iPhones One Step At A Time and Android Phones One Step At A Time. This guide, from The Helpful



Picture: THE HELPFUL BOOK COMPANY

Book Company, is proving hugely popular with all sorts of people who have a smartphone, but aren't expert at using it. Whether you are frustrated with the

very basics, or wish you knew how to do some of the slightly fancier things, it might be just what you need.

It explains everything in plain English, without jargon, and has lots of images that show you exactly what to do.

If you've ever been frustrated with a phone, it's worth ordering a free information pack explaining what's covered in the books, who they are suitable for and how to get hold of one.

### Health

Advertisement

## Try science-backed Turmeric+ for FREE

Leading Cambridge company offering MoS readers a free pack of its best selling supplement formulated to support joint health and muscle function.

FutureYou Cambridge the nutraceutical company known for its well-researched nutritional supplements, is offering you the opportunity to try its best-selling joint supplement, Turmeric+, for free for 28 days\*

Turmeric+ contains the most scientifically documented bioavailable curcumin formulation in existence, the focus of 45 human studies involving over 2,000 subjects. It has also been officially recognised and certified by Informed-Sport.

The patented formulation features

a unique phytosome delivery system to significantly increase curcumin bioavailability, an advanced natural alternative to black pepper. Pharmacokinetic studies show it enhances curcumin absorption by 30 times.

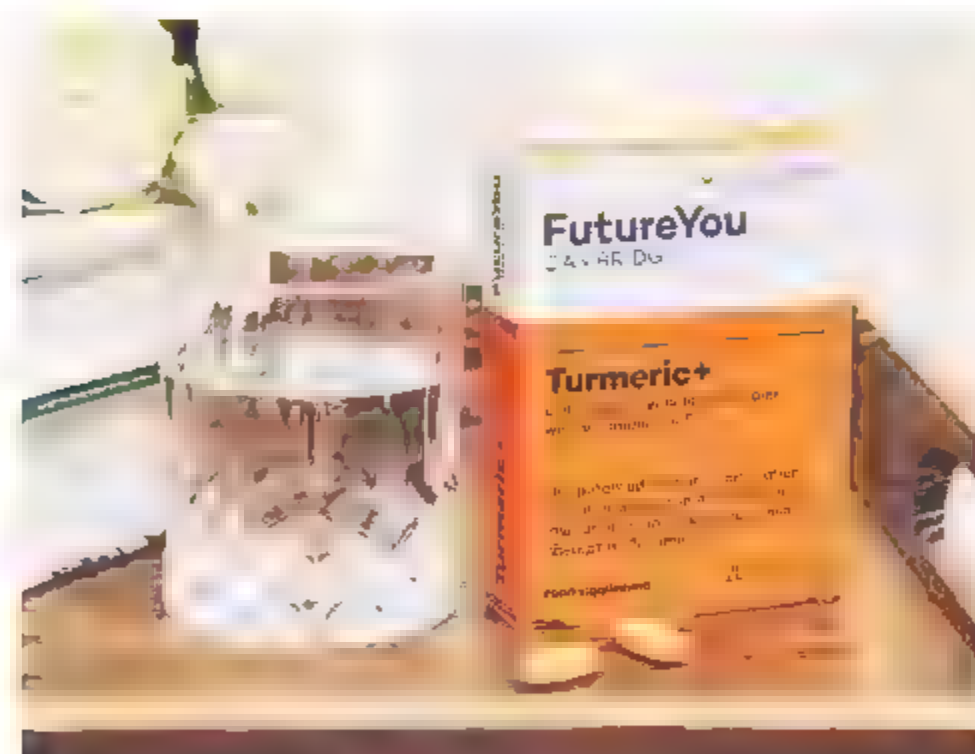
**"We want to support more people to become or stay active."**

The vegan-friendly formula contains the full bouquet of curcuminoids. This is combined with vitamins C and D which contribute to normal function of

cartilage and normal muscle function\*

'We want to support more people to become or stay active. We think Turmeric+ can play an important role in that journey,' says Adam Cleeve, FutureYou Cambridge's CEO.

'We offer people the first pack for free so they can experience it for themselves. Most will know it's working for them within four to eight weeks. If they like it, they will stick with it.'



### HOW TO CLAIM YOUR FREE TRIAL PACK

\*Just pay £1.50 postage

To claim your free 28 day Turmeric+ subscription trial pack worth £16.80 visit

[FutureYouOffers.co.uk](https://FutureYouOffers.co.uk)

or freephone

**0800 808 5740**

and quote the code

**TF912**

Your first box is free (just pay £1.50 postage) and you will be enrolled into a flexible subscription costing £16.80 (inc. postage) every 28 days, which you can cancel at any time, without obligation.



Developed in Cambridge



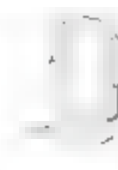
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\*Turmeric+ contains vitamin C which contributes to normal collagen formation for the normal function of cartilage and bones. Vitamin D contributes to the maintenance of normal muscle function. Introductory offer valid for new UK customers only. Offer expires 31st December 2022 and cannot be used in conjunction with any other promotions. Cancel any time without obligation. See [FutureYouHealth.com/TF912](https://FutureYouHealth.com/TF912) for full terms and conditions.





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## Liquid Gel for relief of upper Gastrointestinal Disorders

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- Abdominal discomfort
- Flatulence
- Reflux
- Nausea
- Heartburn

The stomach is coated with a protective gel layer.

silicolgel binds with:

- irritants
- toxins
- gases

These are then passed through the body.

Coats the stomach and upper gastrointestinal tract with a protective lining of silicolgel.

The lining acts like a magnet, attracting toxins and pathogens and binds them together.

During this process the silicolgel particles also adsorb excess acidity and gas.

When the stomach empties naturally, these molecules are passed through the body.

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**HOLLAND & BARRETT**

**LloydsPharmacy**

**Superdrug**

**Boots** let's feel good

Also available in sachets

**silicol.co.uk**

From day one, silicolgel alleviated my symptoms. Feeling in control. I can go out for the day now without worrying. I will continue to use and recommend silicolgel as it is the only treatment that works for me.

Maria, Worcestershire

Advertisement

## Now's the time to tackle your smartphone

**At last, using your smartphone can be easy, simple and stress-free. Find out how...**

Modern mobile phones – smartphones as they're called – can do so much more than just make phone calls.

From browsing the web for cheaper deals on things like those alarming energy bills, cheaper restaurants, or budget holidays, to checking train times or using it as a sat nav when you're out and about... And best of all, they make it so easy to keep up with family and friends – in so many ways, from sharing photos to making video calls.

But using them isn't always as easy as you'd want – and that's putting it mildly!

**Do the manufacturers do it on purpose?** Sometimes it can seem like the manufacturers deliberately make them complicated – and how you do things is often hidden away. It might be easy once you know, but until you've been shown the easy way, it can drive you mad.

In fact only yesterday I was talking to someone whose Mum had got a new all-singing-all-dancing phone – but she couldn't work out how to answer a phone call on it! She's not daft – it's just that it's different from what she'd used before and the phone didn't come with a manual telling her what to do.

Whether you have similar problems or you're trying to do something slightly more advanced, the thing is, it can be easy to use them... once you know how. But until you've been shown, it can be like talking a different language.

That's why we've published these books: *iPhones One Step at a Time*, *Android Phones One Step at a Time* and *Doro Smartphones One Step at a Time*.

**Plain English... and that's not all**

They explain how to use the phone, in plain simple language with pictures of the screen showing you exactly where to tap or slide your fingers. No jargon!

**What's covered?**

I can't list it all here. But amongst other things, you'll discover

- The basics of controlling it – swiping, tapping, opening apps and so on.
- Browse the web at home or out and about.
- How to use it as a sat-nav... in the car or even on foot.
- Send emails from your phone.
- Most phones have a good camera so you can take photos; here's how to use it properly (and for videos).
- Share photos with friends around the world – quickly and easily.
- See updates, photos & video clips from friends & family as soon as they 'post' them.
- Instant messaging and how to use it.
- Make it easier to read the screen.
- Video phone calls – a great way to keep up with family who live a long way away.
- Choosing and downloading apps.

And obviously, you can make phone calls and send and receive text messages. ("Voicemail" is covered, too.)

All explained nice and simply. (Find out more in the free information pack – read on...)

What one reader had to say.

"Thanks for a fantastic smart phone book. Very pleasant staff as usual."

"I think this book should be sold with every smart phone. I have learnt so much from it, the info you get with the phone is non-existent."

"Smart phones are quite complex, and your books speak in plain English."

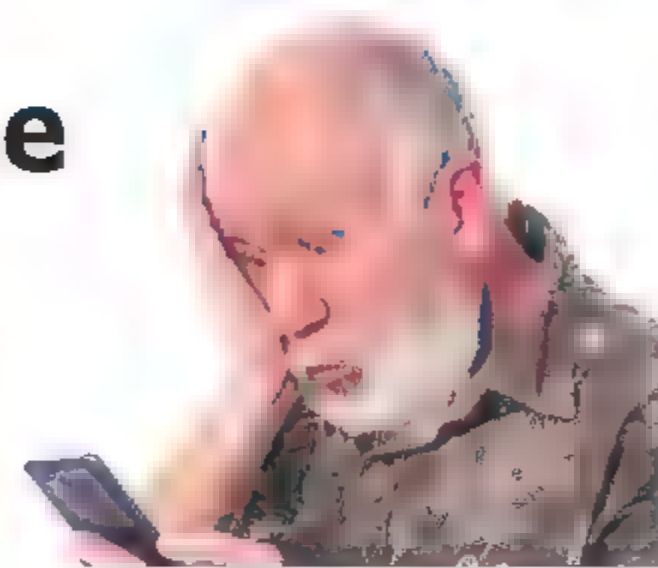
**Only half the story**

That's only half the story but I don't have room to explain here. I've put together full information on the books – who they're for, what they cover and so on.

What's more the books also come with a free gift – no room to explain that here either.

**Don't buy now, do this instead**

The books aren't available in the shops or on Amazon. Instead, send off now to get a completely free, no-obligation information



pack. It'll explain what the books cover, who they're suitable for and so on – showing you just how the books could help you.

**Just call 01229 777606** and speak to Jade, Alicia, Karen, Steph or Shanice (weekdays 8am-5.30pm, Sat 9am-3pm, closed bank holidays). Or email your postal address to [MS1022S@helpfulbooks.co.uk](mailto:MS1022S@helpfulbooks.co.uk)

Or you can post the coupon to: **The Helpful Book Co, 13B Devonshire Road Estate, Millom, Cumbria LA18 4JS** today to get your full information pack – we'll put it in the post to you straight away (and we'll keep your details private – we won't share them).

Best order your information pack now and soon you could be getting so much more from your phone – with much less hassle.

Yes, please send me a free info-pack about the smartphones books. It's free & there's no obligation.

Or call: **01229 777606**  
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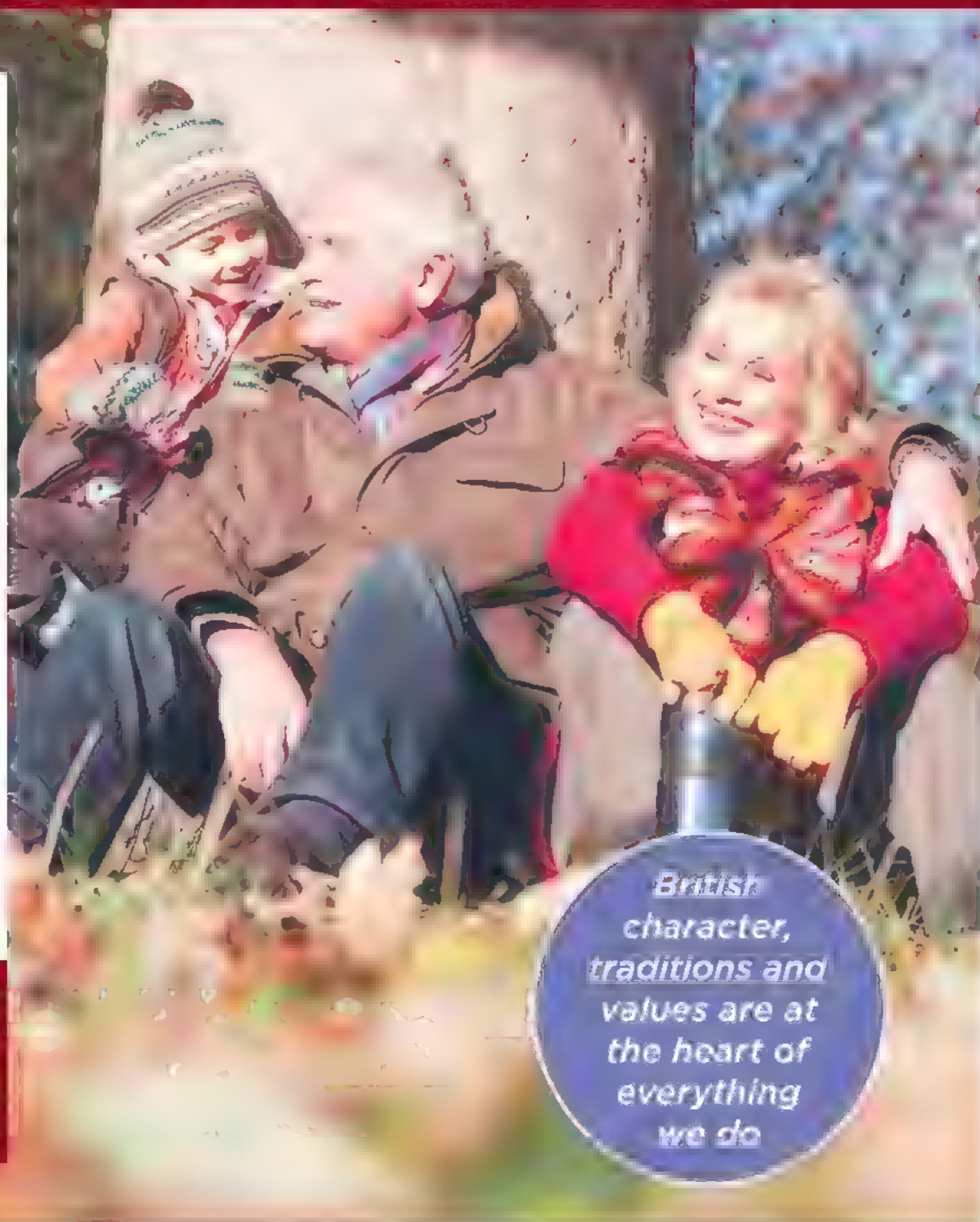
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**COMING SOON** - Cheshire Handforth; Cumbria Kendal; Devon Barnstaple, Honiton, Totnes; Essex Saffron Walden, Witham; Hants Basingstoke, Drayton, Fareham; Kent Ramsgate, Tenterden, Westwood Cross; Northants Brackley, Towcester; Norfolk Diss; Notts Beeston; Oxfordshire Banbury; Suffolk Bury St Edmunds; Surrey Cranleigh, Oxted; West Midlands King's Heath, Kings Norton, Shirley; Wilts Calne; Worcestershire Evesham.

**AWAITING PLANNING** - Bristol Staple Hill; Bucks Newport Pagnell; Cambs Great Shelford; Cheshire Penketh, Wilmslow; Devon Exeter, Exmouth; Dorset Christchurch; Essex Cacton-on-Sea, Old Harlow; Gtr Manchester Timperley; Hants Fareham; Herts Hertford; Kent Larkfield, Gravesend, Staplehurst, Tonbridge; Oxfordshire Bicester, Didcot; Shropshire Ludlow; Somerset Wells; Suffolk Stowmarket; Sussex Bexhill-on-Sea, Seaford, Southwater; West Midlands Aldridge; Wirral West Kirby; Yorkshire Wigginton.



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# SAVE £20 ON OUR STRIPED JUMPER

Show your style stripes with this jumper from MONA. The pure knit design comes in a soft cotton-blend fabric, with button detailing to the shoulders for a nautical-inspired flair. It's finished with ribbed trims. Give it a try with **free delivery and free returns**, you've got nothing to lose.

- Soft cotton blend fabric
- Showcases sporty stripes in classic navy and red
- With gold-tone buttons to the shoulders
- Perfect for everyday wear
- 50% cotton, 50% acrylic
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- Length: 62cms. Sizes 12-26

Exclusively available to readers of **The Mail on Sunday** at the offer price of **only £79** **SAVE £20** on our usual price.

Don't forget to quote your **offer code EEB3** when you place your order. Offer expires **23.10.2022** so we recommend placing your order soon.

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\*Lines are open 7 days a week, 8am to 8pm. Calls to this number cost 7p per minute plus your telephone company's access charge. Standard postage and packing is £5.99, but free with your offer code. Delivery 7-9 days. This offer code is valid for single purchase only. For multiple purchases please place separate orders. Free returns within 14 days for a full refund. T&Cs apply - see **[mona.co.uk](https://mona.co.uk)**.

# MONA





# Commemorate our Gracious and Noble Queen HER MAJESTY QUEEN ELIZABETH II



On the 8<sup>th</sup> September 2022, Her Majesty Queen Elizabeth II passed away peacefully at the age of 96 years old. As the nation mourns the world's longest reigning female monarch, we pay tribute to her rich life of dedicated service to the United Kingdom and the Commonwealth. Throughout her reign, the Queen stood true to the pledge she made at the tender age of just 21, "I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong." Take this opportunity to remember the extraordinary life of the monarch, her exemplary reign of our country and the profound influence she had the world over.

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With your order, you will receive the Queen Elizabeth II 'Crowning Legacy' Collectors' Presentation Pack. It is a fitting tribute to an exceptional monarch, and a life of dedication and service. By ordering, you will also have priority access to the remaining commemoratives in the Queen Elizabeth II 'Crowning Legacy' Collection at just £39.95 (+£3.99 S&S) each. Placed together this series of portrait proofs tells the story of Her Majesty's life, including her reign, her marriage to Prince Philip and her family life. Each subsequent edition will be sent to you approximately every month, entirely without obligation. You can decide at your leisure which, if any editions you wish to keep. Importantly, your commemorative is also accompanied by a Certificate of Authenticity — guaranteeing its long-term collectability.

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## Martyn Cox IN THE GARDEN

**M**ONEY might be getting tighter, but you don't need to spend a small fortune to create a lovely outdoor space. Here are my top tips to reducing costs in the garden.

### Make your own pot feet

Raising containers off the ground allows excess water to drain freely, preventing roots of plants rotting in soggy compost. 'Pot feet' are available from garden centres, but an easy way to save money is to improvise by standing them on lids saved from plastic milk bottles. Another option is to place them on stones or bricks, making sure that drainage holes are not obstructed.

### Restore old secateurs

Don't buy new secateurs if they are rusty or blunt. Simply coat metal parts in a layer of brown sauce and leave overnight. In the morning rub down with newspaper, rinse under a tap and they'll look as good as new thanks to acetic acid in the ingredients. Sharpen the blade with a diamond sharpener and then lubricate parts with light oil.

### Look for cut-price bargains

Some retailers have a special area where plants that have gone past their best are slapped with a sticker offering them at a reduced price. It's possible to pick up a real bargain that will provide many years of service once it's been revived with a good soaking, feeding or trimming. Select clearance plants carefully. If it shows little signs of life, it's best left on the shelf.

### Bag some free leaf mould

Falling leaves can be turned into leaf mould, a crumbly material that makes a good soil improver. The foliage of most trees and shrubs will compost quickly, but those from evergreens are best shredded and added to compost heaps. If you have space, make a 3ft wide x 3ft deep x 3ft high cage with four stakes surrounded by chicken wire. Add leaves regularly and cover with a waterproof sheet. Alternatively, store in black bin liners with holes punctured in the sides and bottom. When bags are full, sprinkle with water, shake and tie up, storing in shade. The leaf mould will be ready in a year.

### Renovate garden tools

Keep tools in good working order by scrubbing in soapy water. If wooden handles are rough, rub with fine sandpaper to leave a smooth finish and then massage linseed oil into the grain with a cloth. Over time, the cutting edge of spades will become blunt. Secure the tool to a table with clamps and then restore the edge with a flat engineer's file, working at a 45-degree angle.

Follow our expert's money-saving tips for your outdoor space and you'll realise that

# Those big plans don't have to cost a small fortune



**CUTTING COSTS:**  
Renovated secateurs  
Right: Easy pot feet

### Use bare-root plants for hedges

Hedges make attractive boundaries. Establishing a new one with container-grown plants will cost a pretty penny, but there's a more economic way... by using bare-root plants. Sometimes half the price of potted counterparts, bare-root plants are lifted from the grower's field and sold while dormant, usually between October and March. A single row of plants is suitable for most hedges, but a double row will make it more animal-proof.

### Recycle old tins

Before buying new plastic plant pots, check whether your local garden centre, nursery or community garden offers used pots for free. For something more unique, recycle metal food containers. Olive oil drums, coffee tins and similar have attractive printed designs, while plain ones can be painted.

### Create your own plant ties

There's no need to shell out on rolls of twine to tie up climbers and wall shrubs. You can make your own from old laddered tights. Cut a leg up crossways into a series of 1in-wide, 4in-long strips. Twist the strip a few times to make it chunkier, then use it to secure plants to supports.

### Grow from seeds

Many edibles, annuals and perennials are easy to raise from scratch and often require little more than a drop of water after they have been popped into a hole in the ground. Costing anywhere from 15p to £3, some packets have enough seeds to provide hundreds of plants. Foolproof things to start from seeds this month are hardy annuals, sweet peas and hardy winter vegetables.

Scan this QR code with your mobile phone to access hundreds of brilliant gardening tips on The Mail+ website.



SCAN ME

## FIVE VEG TO SOW NOW

### 1 LAMB'S LETTUCE

A native of mainland Europe, this super-tough salad crop has spoon-shaped, bright-green leaves with a mild, nutty flavour

### 2 PAK CHOI

A member of the cabbage family, the leaves and stems of this veg have a mild flavour and are perfect added to stir-fries.

### 3 PEA 'METEOR'

Ideal for exposed sites and considered to be the hardest of all varieties, it forms 12in-tall plants that bear an abundance of small pods.

### 4 WINTER PURSLANE

Perfect in salads and able to tolerate temperatures down to minus 15C, its heart-shaped leaves are extremely juicy, with a mild, sweet flavour.

### 5 BROAD BEAN 'AQUADULCE CLAUDIA'

Developed in Spain and introduced in 1844, 3ft-tall plants carry masses of 9in-long pods, below, filled with flat, tender white beans.



**Q** My brother grew 20 'Sweet Candle' carrots for exhibiting. Nineteen came out nice and straight, but one has mutated and looks like 11 carrots twisted together. Any idea why?  
*Hugh Cairns*

**A** Extensive distorting in carrots is usually a result of the roots coming into contact with stones, clods of earth or

## GARDEN GURU

debris in the ground as they make their way downwards. I suspect your brother prepared the seed bed well, but he probably missed the odd stone. He can prevent this happening in future by cultivating the soil

thoroughly to a depth equal to the length of the mature carrot.

**Q** I have a rose bush that is full of hips but no flowers. How do I get the flowers back?  
*Bernie Maxwell*

**A** I'm afraid you will have to wait until next spring or

early summer for more flowers. In early spring, remove dead and damaged shoots and cut the bush back to half its size. Give it a dose of controlled-release rose food and water regularly.

**Q** Our radish, kale and cabbage crops have been ruined by flea beetles. What

is the best way to keep our vegetables intact?

*Joan PJ*

**A** Flea beetles are tiny beasts that feed on the leaves of many brassicas. The easiest way to prevent them peppering the foliage with tiny holes is to cover seedlings with insect-proof mesh. Alternatively, spray crops with an organic pesticide

Got a problem in your plot? Email **Martyn Cox** at [info@martyncox.biz](mailto:info@martyncox.biz)



## ADVERTISEMENT

# Health and Wellbeing checklist

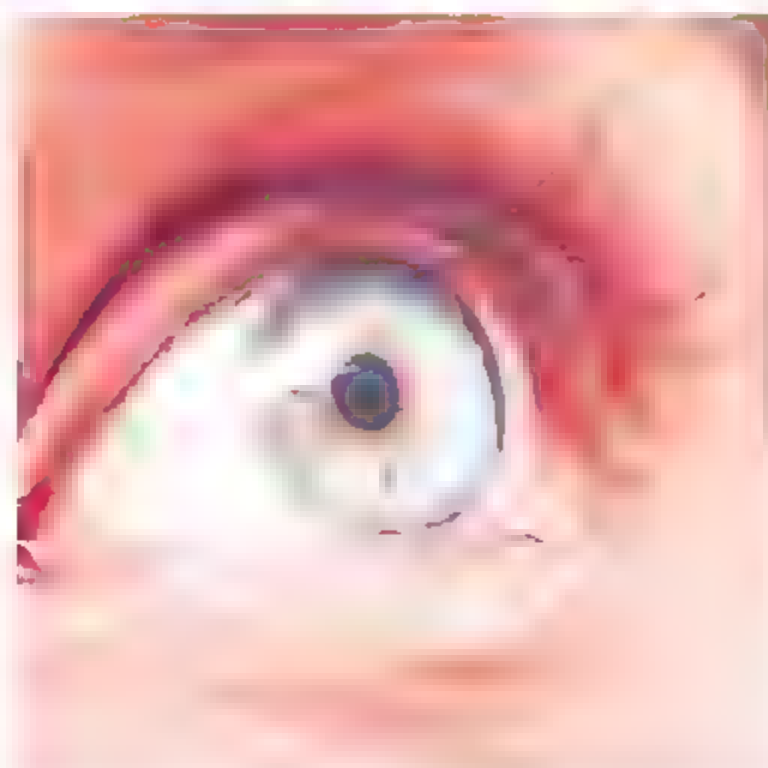
Your body is precious and it pays to look after yourself.  
Here are a variety of ideas to be – and stay – healthy

Read more online! Visit [checklists.co.uk](https://checklists.co.uk) and follow [@checklistsocial](https://twitter.com/checklistsocial)

## Revolutionising new microscopic treatments for glaucoma

Glaucoma is a serious, progressive group of eye diseases, which, if left untreated, can lead to blindness. Glaucoma can be difficult to detect without an eye test, as most types have no symptoms. Glaucoma is sometimes caused by an increase in pressure in the fluid in the eye when the fluid cannot drain adequately.

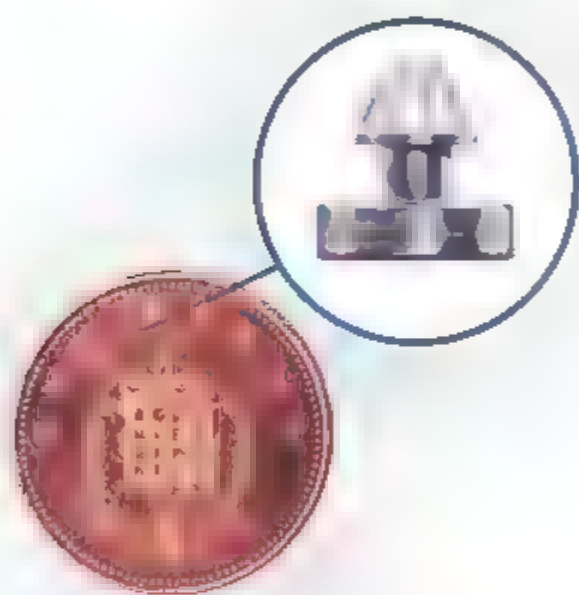
Damage to the optic nerve is permanent and irreversible, so it is very important to lower the fluid pressure in the eye. Once diagnosed, the most common treatment is prescription eye drops, which need to be applied up to three times



a day, so compliance can become an issue, limiting the efficacy of the treatment.

Trabecular micro-bypass surgery with iStent Inject® W can be an alternative treatment.

This involves the insertion of microscopic 0.36mm stents into the eye. The surgery can be carried out at the same time as cataract surgery, or during a separate procedure, usually under local anaesthetic, by an ophthalmologist. An international study has shown that 72% of patients who were treated with iStent Inject® no longer need to take glaucoma medication after 12 months<sup>1</sup>.



iStent  
Inject W

For more details, visit [glaukos.com/en-uk](https://glaukos.com/en-uk)

1 Prospective, unmasked evaluation of the iStent Inject® system for open-angle glaucoma. Synergy trial, by Lilit Voskanyan et al

## MR-Guided Focused Ultrasound Service for the treatment of essential tremor

The Queen Square Imaging Centre in London has installed the UK independent healthcare sector's first MR-Guided Focused Ultrasound System – a cutting-edge treatment that can give immediate relief for people living with essential tremor.

Through a unique collaboration with the functional neurosurgeons of the National Hospital for Neurology and Neurosurgery, Queen Square will be the only location in the UK to be able to offer patients the choice of all primary surgical treatment options for essential tremor.

"We have been using minimal access techniques to treat tremor at Queen Square for many years" said Mr Jonathan Hyam, consultant neurosurgeon. "This focused ultrasound technique will be a further leap as there is no requirement for an incision in the scalp



or skull, or passage of instruments through the brain. Many patients find this more acceptable and desirable. Focused Ultrasound therapy provides the opportunity for patients to undergo brain treatment as a day case or outpatient procedure."

CEO, Jodee Cooper said, "We are pleased to continue our long history of supporting clinical services in Queen Square by making this investment to bring this novel treatment option to Queen Square. Whilst we will begin as a private patient service, it is our intention to seek NHS commissioning in time to assist with the burden on growing NHS waiting lists."

 **QUEEN SQUARE**  
FOCUSED ULTRASOUND

For more information about the Focused Ultrasound service in Queen Square, or to refer a patient for MDT pre-assessment, please contact [treatment@queensquare.com](mailto:treatment@queensquare.com) or 020 7833 2513. Alternatively, to find out more visit the website [queensquare.com/services/focused-ultrasound-essential-tremor-treatment/](https://queensquare.com/services/focused-ultrasound-essential-tremor-treatment/)

## Plan for the future with Alzheimer's Research UK

Everyone should be regularly reviewing their wishes for what they want later in life. Which is why Alzheimer's Research UK, the UK's leading dementia research charity, have developed an information pack to help you make plans for the future. It contains four factsheets designed to answer some common questions about Wills, Inheritance Tax, Lasting Powers of Attorney and planning for future care. So knowing that wishes and plans have been organised will, hopefully, help give peace of mind.

Visit [alzres.uk/plan-for-the-future](https://alzres.uk/plan-for-the-future) or call 01223 896606 for more.

Registered charity number: 1077089



Alzheimer's  
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UK

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Come see  
for yourself

With incredible sporting action on track, activities for children, wide-ranging food options, fantastic music concerts and the chance to dress up or down, there is something for everyone at the races. With options for all budgets, racing is one of the few sports where

under 18s race free throughout the year.

There are dedicated family days where not only is it free for kids, but there are specific activities put on to provide extra fun and entertainment for them. There is often the chance to take a picnic, and with adult tickets starting from as little as £7, it makes for a brilliant and affordable day out for all the family.

There are more than 60 fixtures to choose from across Britain in the first two weeks of October

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## Look after your noggin

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1 Effects of Panax ginseng on quality of life, by Jennifer M Ellis and Prabashini Reddy 2 The effect of magnesium supplementation on primary insomnia in elderly: A double-blind placebo-controlled clinical trial, by Behnood Abbasi et al 3 Evaluation of Clinical Meaningfulness of Red Clover (Trifolium pratense L.) Extract to Relieve Hot Flashes and Menopausal Symptoms in Peri- and Post-Menopausal Women: A Systematic Review and Meta-Analysis of Randomized Controlled Trials, by Wieslaw Kanady et al



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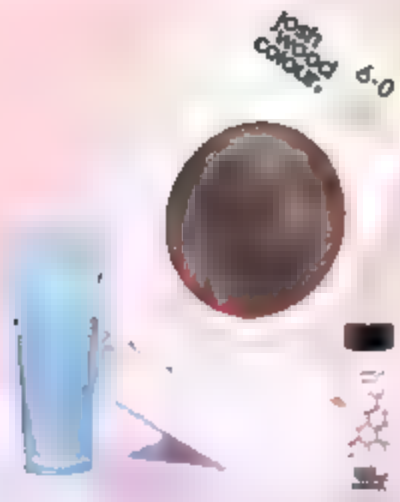


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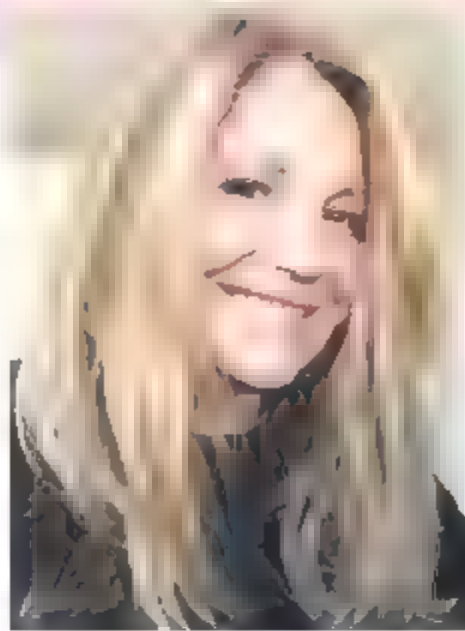
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1 Josh Wood Miracle Colour System Home User Trial, consumer testing at home by 150 consumers, December 2020.  
2 Color Fade Study (Alfaparf, 2020)

**josh wood colour.**

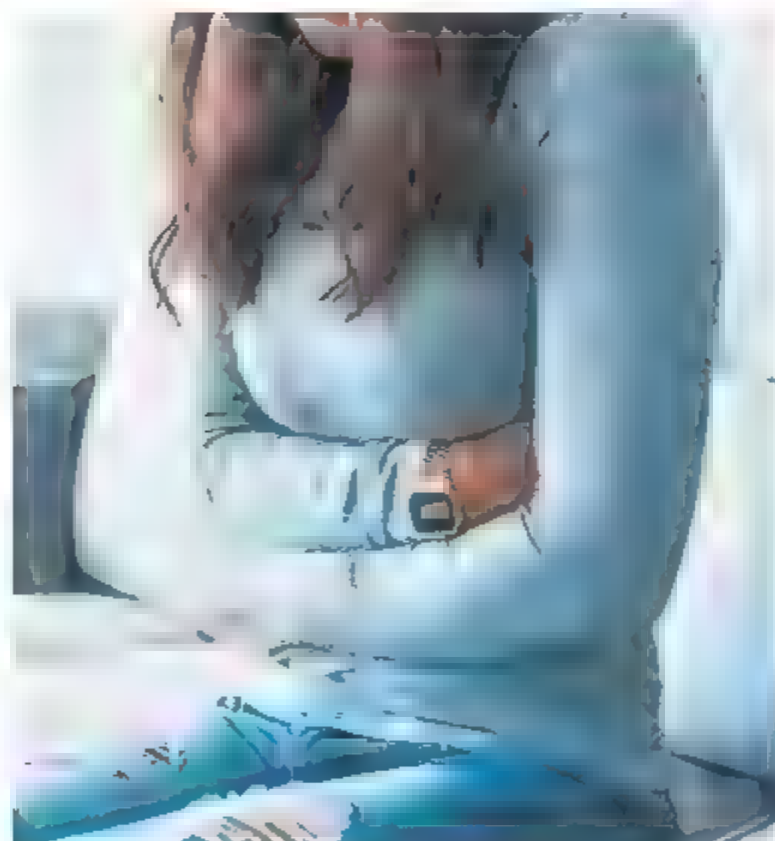
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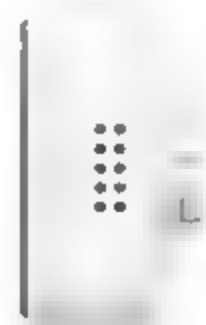


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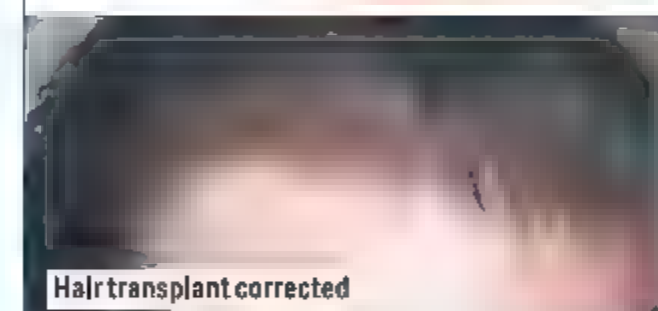
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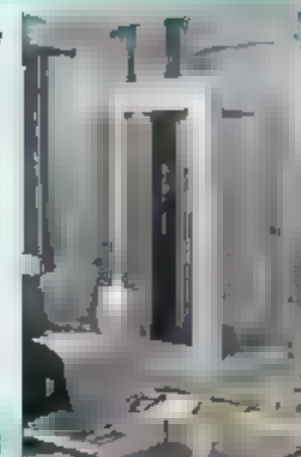
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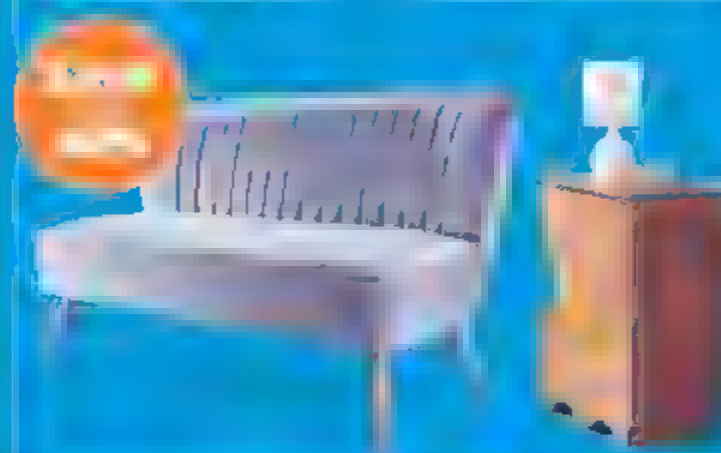
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# Financial

MAIL ON SUNDAY



**EasyJet boss:  
My rivals on  
course for  
a crash**

**INTERVIEW**  
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# Homeowners set for £13bn hammer blow

## Millions face rocketing bills for mortgages as the base rate is tipped to reach 6 per cent

ROCKETING interest rates could add more than £13 billion to household mortgage bills by the end of next year, according to new analysis conducted for The Mail on Sunday.

The staggering extra cost threatens to tear another hole in household budgets at a time when many families are struggling due to the cost-of-living crisis.

The Bank of England raised interest rates by 0.5 percentage points to 2.25 per cent on the day before the Chancellor's mini-Budget, which was delivered nine days ago.

Huw Pill, the Bank's chief economist, warned last week that further significant increases are in the pipeline in an attempt to bring down soaring inflation.

Financial markets are expecting the base rate to rise as high as 6 per cent next year. Many lenders are currently charging about 4 per cent on two-year fixed deals.

There are growing concerns that a wave of mortgage defaults could hit house prices and leave banks and building societies with rapidly rising bad debts on their balance sheets.

An estimated 2.1 million fixed-rate mortgage deals will expire between now and the end of next year.

Those borrowers will almost certainly be faced with much higher repayments when their existing fixes come to an end.

Forecasts suggest that a typical homebuyer will have to pay hundreds of pounds more per month. Many families with overstretched finances will run into difficulty and some of those will undoubtedly be forced to default. The impact could amount to £13 billion in additional repay-

By Luke Barr

ments based on a £150,000 two-year fixed-rate mortgage.

The biggest mortgage lenders are Lloyds - which also owns Halifax - along with NatWest, Nationwide, Santander and Barclays.

Andrew Montlake, of mortgage broker Coreco, warned that rising rates will mean an 'increase in potential repossession', which will in turn result in write-offs for banks and building societies. He said it is now an 'inevitability' that lenders' bad debts will rise.

Russ Mould, investment director at stockbroker AJ Bell, said banks may have to start ear-

expert at Interactive Investor, described the rise in rates as 'terrifying'. She said it could mean that the monthly repayments on a £150,000 mortgage could leap by as much as £500.

Guy who prepared the analysis for the MoS, said: 'UK households on fixed mortgage deals could pay £13 billion extra each year in mortgage costs if interest rates hit 6 per cent in 2023, as many experts are predicting.'

She added that a family with a £200,000 mortgage could end up being charged an extra £724 each month - amounting to an 'eye-watering' £8,688 extra per year.

Last week was described as the worst for the mortgage market since the financial crisis of 2008.

A record 1,000 home loan deals were withdrawn by lenders on Tuesday alone.

In recent times homeowners have been borrowing at rock-bottom rates. Fixed-rate deals were available at 1 per cent as recently as last year.

Analysts fear soaring repayments could cause house prices to plummet by next year.

Experts from Oxford Economics said 'a scenario whereby house prices crash is looking increasingly likely'.

They believe homes are currently overvalued by about 30 per cent.

A former member of the Bank of England's Monetary Policy Committee, who asked to remain anonymous, told The Mail on Sunday that one of the biggest problems facing the UK is a potential housing crisis.

He said the jumps in interest rates are going to be much more significant than the reduction in stamp duty. 'House prices are definitely going to stop going up,' he added.

## Bank's blind eye to pensions time-bomb

Page 127

marking large sums to cover possible losses. He added: 'It would hurt and it would affect their profits.'

Banking industry body UK Finance estimates the number of fixed-rate deals coming to an end will rise by almost 40 per cent in 2023. The sharp increase follows a surge in the number of borrowers who took advantage of Rishi Sunak's stamp duty holiday during the pandemic.

Scott Taylor-Barr, an adviser at Carl Summers Financial Services, said borrowers have had a 'sharp intake of breath' when confronted with the rate rises.

He said he has advised some clients to consider delaying their retirements so they can afford higher home loan repayments.

Alice Guy, personal finance



**POWER:** Morfydd Clark in the TV version of The Lord Of The Rings

## Tolkien heirs finally strike it rich on TV

THE family behind The Lord Of The Rings has picked up £10 million in dividends, documents show.

The record payout by the Tolkien Estate is more than double last year's and emerges as a big budget version of the fantasy novels hits TV screens. It takes the total paid out to over £50 million in the past decade.

The bulk of intellectual property rights were sold to Hollywood producer Saul Zaentz in the 1970s, meaning heirs to author JRR Tolkien largely missed out on the vast sums generated by the hugely successful Peter Jackson film trilogy.

The estate primarily controls publishing rights, and the films have seen book sales soar with more than 150 million copies of The Lord Of

By Adam Luck

The Rings trilogy sold. But the Zaentz deal did not cover TV rights. So the new series, The Rings Of Power, was negotiated with the estate.

The budget for the Amazon production is believed to be \$1 billion (£900 million). The latest accounts do not yet appear to show the financial fruits of the agreement.

Accounts for the estate have been filed amid uncertainty over who has inherited a chunk of the family shares. Priscilla Tolkien, the author's youngest child, who had no children, died earlier this year. The academic fiercely guarded her father's legacy before her death at the age of 92.



# Is Europe next as crisis spreads?

**W**HAT happens next? It was an extraordinary week and, for Britain, a miserable one. So, first, let's take stock.

The reaction on the gilt market and foreign exchanges undid any hopes we might have had that the growth package could work. Any fiscal boost will be offset by higher interest rates.

The damage from our Prime Minister and Chancellor failing to grasp that they had to get the markets onside – and that meant getting an endorsement from the Office for Budget Responsibility – can't be undone. Going to the OBR now helps at the margin, but its assessment, to be delivered to the Treasury next Friday, will duly be leaked and will not be pretty.

Our own mess, however, was not the only thing that went haywire.

There was a collapse of confidence in US markets. The most important share index, the S&P 500, dipped below its previous bottom in June and the Nasdaq index of high-tech shares was



close to its floor too. They are down 24 per cent and 32 per cent respectively so far this year.

The yield on US ten-year Treasury debt, having touched 4 per cent, is still at 3.7 per cent, which compares with 10-year gilts at 4.1 per cent. Ironically, it was the Bank of England's intervention on the gilt market that pulled US yields down, for it showed that central banks can act decisively when they have to.

But US financial confidence remains very fragile. We look at the strong dollar and worry about the weak pound; Americans see distress sellers of equities and a housing market that is tanking.

The other fragile element is Europe. German inflation, at 10.9 per cent, is higher than ours. In the Netherlands it is 17.1 per cent. Italian 10-year government debt

yields 4.5 per cent, higher than ours. Inflation in France, on the other hand is only 6.2 per cent.

Yet the European Central Bank has to set interest rates for a different set of countries in very different circumstances. It has signalled a sharp increase in rates next month, with further hikes to come.

So what's to look for? Let's start with the UK. Here the question is whether this Government can get to its scheduled Budget on November 23 without some sort of market (or political) event intervening.

There was disappointment on Friday that the official OBR forecast had not been brought forward, and I would give the Government not much better than evens on getting there without some sort of radical shift.

Meanwhile, interest rates will continue to climb and that will take its toll on the mortgage market. The present shock will subside and, quite soon, loans will become available again. But they will be more expensive. Some people won't be able to keep up

payments and others won't bid for houses at all.

However I don't think that, even if prices do fall, the downturn will be as serious as the last one in 2008/9, when they declined on average by 15 per cent.

With luck, we will get stable prices and a gradual improvement in affordability as incomes rise. Does that mean a recession next

**‘The shock will subside and loans will again be available’**

year? We seem to be squeaking by this year without one, but what happens in 2023 will be determined more by international factors than by what we do or don't do.

I am sure that both the pound and UK equities are undervalued by world standards, but they may become even more undervalued before sentiment turns. A huge amount of what happens to us

depends on what happens in the US. There is a real possibility the Federal Reserve will jack rates up too hard. A huge amount of wealth has already been destroyed.

The equity strategists are crawling over the data on previous bear markets and the consensus seems to be emerging that this one has some way to go before it hits bottom.

I can see too some sort of financial crisis in Europe as interest rates rise. Maybe there will be a rerun of the Eurozone crisis of 2010/11. But, this time, the trigger being inflation rather than country indebtedness.

And the turning point, when clouds lift, rates and inflation come back down?

What usually happens is there is some kind of seismic event, such as the collapse of Lehman Brothers, that forces central banks and governments to work together to steady things.

We are not there at the moment, so this bumpy ride goes on a while yet.

hamish.mcrae@mailonsunday.co.uk

## Oil and gas consultant may be sold for £2.5bn

By Amy-Jo Crowley

ONE of the world's oldest energy consultants could be sold for up to £2.5 billion.

Private equity firms including The Carlyle Group, CVC and BC Partners are said to be interested in acquiring Aberdeen-based Wood Mackenzie, City sources said. The consultancy – also known as WoodMac – was established in the 19th Century as a stockbroker.

Oil and gas markets, where WoodMac makes most of its revenue, have been contracting in recent years as demand for renewable energy rises. But the company may find new impetus after a sudden increase in the price of oil and gas following Russia's invasion of Ukraine.

WoodMac is owned by New York-listed information giant owner Verisk Analytics, which bought it in 2015 for £1.85 billion. The sale has been under way since the summer, The Mail on Sunday has learned.

The consultancy produces data and research on the energy and commodities industries. WoodMac is considered attractive because its business model is based on recurring revenue from subscription services.

The sale plan follows a campaign by American activist investor DE Shaw which has publicly urged Verisk's board to sell assets and focus more on insurance.

Sources said bids have been tabled at between £2 billion and £2.5 billion. All parties were contacted for comment.

# Credit Suisse boss reassures its staff after share slump

By Neil Craven

THE boss of banking giant Credit Suisse has sent a memo to staff reassuring them of its financial stability after a slide in its share price.

Chief executive Ulrich Koerner said the bank had a 'strong capital base and liquidity position'.

He urged employees not to confuse the 'day to day stock price' with the company's underlying performance.

Credit Suisse shares have lost 25 per cent of their value in the past three weeks.

The emergence of the memo comes less than a week after the bank released a statement to investors that it is 'well on track with its comprehensive strategic review'.

It said it aims 'to create a more focused, agile group' and will release details of a 'transformation' plan on October 27.

But Koerner said in the memo, first reported on Reuters and seen

by The Mail on Sunday, the bank is at a 'critical moment'.

'I am conscious that there is lots of uncertainty and speculation both outside and within the company.'

He said he wanted 'to make sure that you hear from me directly during this challenging period. I will therefore be sending a regular update to you all until then'.

Koerner was promoted to the top job in July. The bank aims to cut costs by more than \$1 billion (£897 million) and sell parts of the business amid reports that it could slash 5,000 jobs.

The restructuring plans are part of strenuous efforts to draw a line under a string of scandals linked to the Swiss lender.

It became embroiled in the collapse of controversial lender Greensill Capital and the US hedge

fund Archegos Capital in 2021. It also admitted last year it had defrauded investors as part of the historical Mozambique 'tuna bonds' loan scandal, leaving it with a fine of more than £350 million.

But the board are keen to fend off a further negative spiral that could affect their recovery plans.

Koerner said in the memo: 'No doubt there will be more noise in the markets and the press between now and the end of October. All I can tell you is to remain disciplined and stay as close as ever to your clients and colleagues.'

'I know it's not easy to remain focused amid the many stories you read in the media – in particular, given the many factually inaccurate statements being made.'

'That said, I trust that you are not confusing our day-to-day stock price performance with the strong capital base and liquidity position of the bank.'

## FTSE chiefs jump ship in 'talent drain'

By Neil Craven and Amy-Jo Crowley

THE number of FTSE 100 chief executives jumping ship this year is heading for a record.

Unilever's Alan Jope last week became the 19th to announce a departure in 2022, close to the record figure of 24 in 2020 when Covid struck. Rolls-Royce's chief

Warren East, Prudential's Mark FitzPatrick and Whitbread's Alison Brittain have all baled this year.

'The "Great Resignation" has shown no dis-

crimination towards the size of company or seniority,' said Derren Nathan, head of equity research at Hargreaves Lansdown, who compiled the data.

He added: 'The storm clouds stubbornly hanging over the global economy may well have influenced some of these

captains' decisions to jump ship.'

One City adviser said: 'It's miserable being a CEO of a FTSE company.'

'The press gives them such a hard time and they make ten times less than they would in the US. There's scarcity and a talent drain.'

**Aldi rings up £170m more from rival stores**

By Neil Craven

ALDI is continuing to snatch market share from Tesco and other major supermarkets, according to closely guarded industry data.

The former Big Four supermarkets – Tesco, Sainsbury's, Morrisons and Asda – have lost £170 million of sales to the German discounter in just three months.

Figures leaked to The Grocer magazine show Tesco accounted for more than a third of the loss.

Tesco, which reports its first-half results next week, has been trying to stem the tide of defectors with its Aldi Price Match campaign, which one source described as 'aggressive'.

Despite the setback, analysts believe that Tesco is performing well against many of its peers.

Supermarkets are battling with rising costs and inflation as the cost-of-living crisis bites harder. Aldi overtook Morrisons to become Britain's fourth biggest food retailer last month.

A report by Credit Suisse said the figures – compiled by research firm Kantar and normally only shared privately with big retailers – show how shoppers are hunting for the lowest prices.

It said there was evidence of a small shift in spending to Aldi from rival German operator Lidl, which also prides itself on offering keen prices.

Barclays analyst James Anstead said in a report last week: 'The discounters seem likely to go through a period of strong growth in the looming consumer squeeze.'

He added that cost pressures in the grocery sector may remain 'higher for longer' and could weigh on profit this year and next.



By Patrick Toohar and Luke Barr

**P**ENSIONS are supposed to be one of the safest and most tranquil backwaters in the turbulent world of high finance. But, to the horror of savers relying on supposedly gold-plated final salary schemes for their retirement, a £1.5trillion time-bomb has been ticking away underneath their funds.

And the Bank of England and The Pensions Regulator, which should have been protecting their nest eggs, have stood by as the risks of an explosion mounted. They allowed some of the UK's largest company pension schemes to engage in dangerous investment strategies that last week came within a whisker of blowing up the entire system.

The Government has borne the brunt of blame for the near-disaster. But the finger is also pointing squarely at the Bank of England, which was aware for several years of the lurking perils. Workplace retirement watchdog The Pensions Regulator also stands accused of inertia in the face of mounting risk.

The terrifying near-miss is another blow to the credibility of Bank of England Governor Andrew Bailey, who is already under fire for failing to act fast enough to curb inflation.

The mini-Budget was the immediate trigger for the threatened meltdown in final salary pensions. Spooked by the rise in borrowing, investors demanded higher rates of interest on UK Government debt, which they deemed to have become significantly more risky.

The deeper question is why regulators allowed pension funds to get themselves into such a precarious position in the first place. Specifically, why did the Bank of England stand idly by while funds pursued high risk investment strategies on such an epic scale? And why did The Pensions Regulator – whose chair was in one of her previous jobs a big player in the investments involved – sit on its hands?

The use of leveraged Liability Driven Investments (LDIs) was until a few days ago a deeply obscure practice.

Even many seasoned City professionals had never heard of them. They are built on layers of debt that, as we saw last week, can be as easily toppled as a house of cards.

This is what would have happened if the Bank of England had not intervened to avert a 'doom loop' – albeit one it should never have allowed to build in the first place.

This scenario did not arise out of the blue: the risks posed by LDIs have been known for years. One Dutch fund manager warned in 2019 they were a 'terrible' threat to the global economy.

Lord Wolfson, chief executive of fashion chain Next, alerted the Bank of England to the dangers of LDIs five years ago. He said he was bombarded with sales pitches by investment banks which stood to make lucrative fees. As a result of the Bank of England's inaction at

# How the Bank of England turned a blind eye to pensions time-bomb



## Narrowly averted disaster put nest eggs of 10 million people in peril

an earlier stage, it was forced to launch a bailout last week at a possible cost of £65billion, with taxpayers on the hook for the bill.

'People have been warning about the risk,' said former Pensions Minister Sir Steve Webb. He said the Bank of England should have been on top of the issue.' Webb added: 'It put the fire out but didn't

stop the fire from happening.' The Bank this weekend attempted to sidestep responsibility by saying it is not the regulator of pension funds or LDIs. It is, however, charged with the stability of the financial system as a whole.

Pension fund trustees also face a reckoning. They are responsible for safeguarding members' bene-

fits, but have allowed LDIs and other derivatives to introduce more risk into their portfolios.

'I can count on the fingers of one hand the number of trustees who understood the huge risks they were taking,' said pensions expert John Ralfe. 'They were egged on by investment advisers, who have made a fortune in recent years.'

The brush with catastrophe brings back uncomfortable memories: of the 2008 financial crisis, which exposed the use of dodgy derivatives, and of earlier pension scandals including Robert Maxwell.

The LDI debacle is dramatically larger than the Maxwell affair, when the late tycoon robbed Mirror Group Newspapers' pension fund more than 30 years ago. The irony is that ever since Maxwell, huge efforts have been put into making pensions safer – but the risks have become higher than ever before.

Personal Finance – Pages 130-131

## TOP WATCHDOG ACCUSED OF CONFLICT OF INTEREST

THE chair of The Pensions Regulator, the watchdog that is supposed to protect workplace pensions, was a key promoter of the controversial schemes that almost blew up the financial system, The Mail on Sunday can reveal.

Sarah Smart, right, was appointed last year and earns £73,840 in the lucrative two-day-a-week job, where she is responsible for safeguarding the nest eggs of millions of Britons.

In a previous job at insurance firm Standard Life, she had a senior role 'developing and managing' the Liability

Driven Investment (LDI) products that prompted a multi-billion pound Bank of England bailout.

Last night Smart was accused by pensions experts of a potential conflict of interest. One said: 'It's going to be a bit difficult for her when an inquiry looks into what's been going on.'

The Pensions Regulator said: 'Sarah Smart worked at Standard Life 14 years ago, and for the last three years of her time there she was not working directly in LDI. There is no conflict of interest.' The Department for Work and

Pensions was contacted for comment.

When Smart was hired, Pensions Minister Guy Opperman said: 'The chair is a vital part of The Pensions Regulator, providing effective oversight of this high-profile organisation and engaging and building positive relationships with stakeholders.'

A replacement for Opperman, who quit days after Liz Truss became Prime Minister, has yet to be announced.



# Phew! Why your retirement income IS still safe

THE Bank of England's dramatic £65billion intervention has removed the immediate threat to pensions. If the schemes that were affected run into difficulty, the employer is still responsible for paying out pensions, and if the firm becomes insolvent, there is a Pension Protection Fund that steps in.

### How many were at risk?

ABOUT ten million members of defined benefit pension schemes, otherwise known as 'final salary' plans, were affected. So-called defined contribution plans, where payouts are linked to stock market performance, were not involved.

### Shouldn't they be ultra-safe?

INDEED. That's why the risks revealed are so shocking. As their name suggests, final salary schemes offer a retirement income linked to your pay when you leave work, guaranteed for life.

### What went wrong?

PENSION fund managers are supposed to ensure they have enough in the pot to pay retired workers in the future. Among their assets are IOUs issued by the UK Government, known as gilts. These offer a fixed rate of return and can be bought and sold by investors. When

the price of the gilts falls, the yield rises. Their value is influenced by how much faith investors have in the creditworthiness of the UK Government. The riskier they think the debt is, the higher the yield investors will demand.

### What happened last week?

AS INVESTORS' concerns mounted over the mini-Budget, they sold gilts. This caused yields to soar at an unprecedented rate in the normally sedate market.

### I'm with you so far...

GOOD, because there's more. Many pension funds use leveraged

Liability Driven Investment (LDI) strategies. Simply put, the funds put up the gilts they own as collateral to borrow money, which they use to buy another investment.

They may repeat that process, and borrow again against the new asset, and repeat it several times.

But when, as happened last week, the price of gilts falls, the collateral is worth less. So lenders asked pension funds to stump up huge sums as additional security.

The speed and scale of the movements in gilt prices threatened to provoke a liquidity crunch, as the funds didn't have the cash to hand, so were forced into a scramble to

sell assets. Without intervention, it would have driven down gilt prices further and created a 'doom loop'.

By stepping in and promising to buy up the gilts, the Bank has defused the ticking bomb.

### How much of this went on?

LDIs have soared in popularity in recent years and now account for about £1.5trillion in assets held in people's pension funds.

### Did no one see the iceberg?

REGULATORS responsible for financial stability were repeatedly warned of the risks from leveraged LDIs – but did nothing.



By **Francesca Washtell**  
and **Amy-Jo Crowley**

THE plunging value of the pound has put a slew of UK companies at risk of being sold off to American predators.

Blue chip firms including gambling group Entain, packaging company DS Smith and telecoms behemoths BT and Vodafone are all now vulnerable to foreign corporate raiders, according to experts at broker Canaccord Genuity.

Big-name brands in the FTSE250 including betting business Playtech, cybersecurity outfit Darktrace, Greggs, MoneySuperMarket and data analytics firm Ascential are also in the line of fire.

Market turmoil has sent the value of many London Stock Exchange-quoted firms plunging. And the drop in the value of the pound following the mini-Budget has made UK firms look like bargain buys for overseas opportunists.

However, enthusiasm for cut-price assets may be dampened by the rise in interest rates, which will make it more expensive for private equity firms to finance deals.

Until recently, there was a spate of private equity bids for big names including supermarket groups Asda and Morrisons and defence firm Ultra Electronics.

Listed overseas companies including Schneider Electric of France – which has made an offer for software firm Aveva – have also been on the hunt in the UK.

Graham Simpson from Canaccord said that as the UK stares down 'the barrel of a recession', bidders will be looking for firms with strong cash flows, high profit margins and low debt that could 'weather the

# Sterling plunge leaves FTSE 100 giants exposed to US predators



**VULNERABLE:** These leading British telecoms brands could be targets

inflation and interest rates storm'. He added: 'Private equity may struggle to raise finance. This is why we believe we will also see a potential wave of corporate merg-

ers and acquisitions. UK valuations were very attractive even before the dramatic fall in sterling.'

Entain, which owns Ladbrokes, was cited as a target by several

analysts and brokers. Its shares have fallen by a third this year.

One City source said: 'Entain is definitely a target and MGM – with which Entain runs a joint venture – still has its eye on the company. It's definitely more vulnerable now that it's cheaper.'

Another said: 'Entain is likely to be a target because it's gaming which is relatively recession-proof.'

The source added that Darktrace – for which US private equity firm Thoma Bravo recently backed away from a bid – was still a likely candidate. Vodafone could be attractive to a US buyer, the source added. 'Darktrace has been battered since it went public, so it would make sense, and Vodafone could happen at some point. Though Vodafone is very big and very political – it would be a US buyer coming in, if anybody did.'

Analysts said takeovers of telecoms firms such as BT and Vodafone, though tempting, would be complex.

'We see companies operating in food and health and beauty as takeover targets,' said another source. 'You are likely to see big players such as Coca-Cola, Pepsi and McDonald's looking to pick up UK targets on the cheap.'

## Ovo's parent firm in new flying taxi loan

OVO Energy's parent company has continued to funnel millions in loans to a flying taxi firm owned by founder Stephen Fitzpatrick, filings at Companies House show.

Vertical Aerospace, based in the Cayman Islands but listed in the

By **Luke Barr**

US, received nearly £3 million from Imagination Industries – Fitzpatrick's investment vehicle – in the year to December 2021. This followed a £5.6 million loan in 2020. Fitzpatrick,

Ovo's chief executive, was questioned by MPs earlier this year about his inter-company loans.

Last month, The Mail on Sunday revealed that Ovo, Britain's third largest energy supplier, built up losses of £300 million in the three years to 2020.

Its directors raised concerns about meeting its lending requirements in 2022 due to rising gas prices.

An Imagination spokesman said Vertical Aerospace is a UK company and has no financial ties with Ovo.



Francesca Washtell's  
**CITY WHISPERS**

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## Traders wade into short positions over Pennon

THE number of City traders training their guns on South West Water owner Pennon has surged.

Short positions – contracts that allow investors to make money when a share price falls – taken against the FTSE250 utility rose in the past fortnight to the highest in

more than five years. The number peaked at 4.4 per cent of Pennon shares. But by the end of last week, 3.3 per cent were controlled by short traders.

The firm will be hoping a trading update released on Friday – which said its first-half results would meet expectations – will

calm the waters. The lukewarm reception from the market (shares rose 2.5 per cent) suggests investors are content with how Pennon is grappling with challenges such as the driest weather in 100 years and population increases in the South West.

But there is speculation it may be hit by higher energy prices, rising interest rates on its debts and an industry clampdown to stop firms releasing sewage into rivers after it came under fire for dumping waste into waterways.

MARKS & Spencer, Whitbread, Amigo and Informa are among those to have received a bloody nose from disgruntled shareholders over high executive pay this year.

The latest to join the cohort nursing wounds from an investor revolt is, well, Cohort, the AIM-listed defence and technology minnow that has contracts with the Ministry of Defence. About 20 per cent of votes went against this year's pay report, in which chief executive Andrew Thomas was handed £340,000.

This was less than the £456,000 he earned last year, when there was just 8 per cent pushback. The plot thickens...

Contributor:  
**Amy-Jo Crowley**

## RISERS AND FALLERS OF THE WEEK

The Footsie closed the week down 1.8 per cent at 6,894 as the pensions crisis gripped UK.

### FTSE 100 biggest risers

Fresnillo	11.45%
Mexican gold miner seen as safe haven	
Burberry	10.31%
New chief creative officer appointed	
Antofagasta	7.00%
Miner up on aluminium and nickel rise	
Ashtead	6.71%
Rental firm's US arm up on strong dollar	
Spirax-Sarco Engineering	6.06%
Pump expert buys US and French rivals	

### FTSE 100 biggest fallers

Rightmove	15.15%
Higher mortgage costs damp sentiment	
Ocado	14.62%
Retailers weak on fears for economy	
Taylor Wimpey	14.40%
Interest rate fears cast cloud on builders	
Next	12.49%
Retailer warns of cost-of-living pressure	
M&G	12.48%
Bond market rout hits fund managers	

### AIM 100 biggest risers

Boku	16.15%
Mobile wallet firm reveals rapid growth	
Kistos	13.10%
Rise in gas prices helps producer	
TinyBuild	11.78%
Revenues soar at video games publisher	

### AIM 100 biggest fallers

Mortgage Advice Bureau	29.33%
Interest rate changes spook investors	
Lok'nStore	19.05%
Britons expected to rein in spending	
R&Q Insurance	15.98%
Shareholder row creates uncertainty	

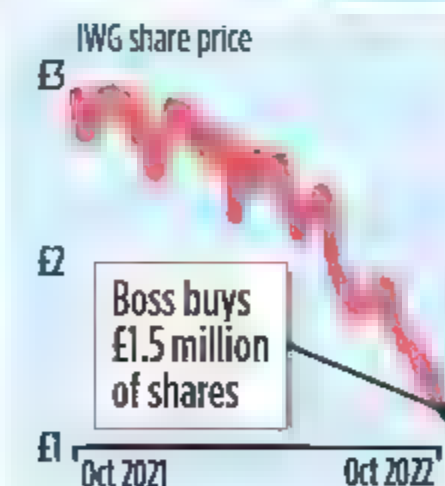
## MOST SHORTED

### SHARES BEING BET AGAINST

Boohoo	10.4%
Asos	7.0%
Kingfisher	6.6%
Fever-Tree	6.1%
Naked Wines	6.0%

FCA DATA EXCLUDES MINOR POSITIONS

## DIRECTORS' DEALINGS



Mark Dixon, the chief executive of Regus-owner IWG, has bought 1,233,840 shares at £1.19 and £1.26 each in the serviced office provider. In August, IWG said the rise in hybrid working post-lockdowns had boosted turnover, though its share price fell as it reported another year of losses.

SUPPLIED BY **AJBell**

## NEED TO KNOW

CPI inflation.....	9.9%
RPI inflation.....	12.3%
Euro rate: £1 buys	€1.1390
Dollar rate: £1 buys	\$1.1158

■ THERE was no surprise in the City when Vin Murria's nine-month effort to buy M&C Saatchi flopped miserably on Friday.

Murria, who was trying to buy the advertising agency through her group – the oddly named AdvancedAdvT – secured too little support for her takeover.

With that done, M&C Saatchi investors can decide whether to support an offer from its other suitor, Next Fifteen Communications.

A vote is likely in November. But Next Fifteen's lagging share price makes the deal (which involves cash and shares) unlikely to succeed, according to a source close to M&C Saatchi. Next Fifteen supporters may have hoped the company's results last week would help the cause – but shares have lost even more steam since then.

■ ON THE subject of shorts, there might be tears at Boohoo this weekend after the bets against the online retailer hit a new high of 10.4 per cent of shares. It is quite a feat – if an unfortunate one – to reach double digits. It follows a slump in both sales and profits. Ten hedge funds, including City Whispers frequent flier Marshall Wace, are clearly expecting worse to come.



## INTERVIEW



BY FRANCESCA WASHTELL

**A**UTUMN is traditionally the season when airline bosses get jittery. As kids go back to school and the summer holidays become a distant memory, it is suddenly all too clear which carriers are in dire straits.

In recent years, this has included Thomas Cook and Monarch, which both collapsed during the dreaded September and October slump.

According to easyJet boss Johan Lundgren, more are likely to go under this winter. He says: 'I would have thought there were going to be more failures than mergers and takeovers this year.'

'For a number of airlines it looks pretty bad and if you're coming into a difficult period right now...' he trails off, before adding: 'There are going to be some airlines which will have a very tricky situation ahead of them.'

He points to Blue Air, a Romanian carrier which appears to be buckling, as a recent example in Europe.

Does he have any idea which other airlines are vulnerable? 'Yes,' he says, leaning forward and smiling. 'But I'm not going to tell you,' he adds.

While his rivals may be quaking in their boots, the former classical trombonist and coach tour guide is calm and collected. He says easyJet is one of the 'least indebted airlines' and 'one of the few that has an investment-grade credit rating'.

The FTSE250-listed firm was forced to ground its fleet for 11 weeks during the lockdowns in 2020 without knowing when flights would start

### 'It looks bad for a number of airlines'

up again. It haemorrhaged cash during that time and within months raised more than £5.5 billion through share sales, refinancings and loans.

Once flights did restart, the UK was subject to constantly changing travel guidance and restrictions, which put many customers off going abroad.

Even last year was difficult to navigate as the UK remained at odds with the rest of Europe, where vaccinated travellers were able to move around with relative ease.

'People in the UK don't recognise that Europe was flying last summer,' he says.

Lundgren, 55, is the quiet one compared with his arch-rival Michael O'Leary, the boss of Ryanair, but he was a vocal critic at the time of this messy guidance.

When the UK's restrictions were finally lifted in March, Lundgren and his team planned to come back with a bang with an ambitious expansion in the flight schedule. But after disruption in the Spring, it axed 10,000 flights from its summer slate in early July.

But, in what may be a surprise to many who were forced to rearrange their first holiday since Covid struck in 2020, Lundgren insists easyJet's customer ratings have actually improved.

'If you're looking at July and August, we flew 16 million customers over those two months with lower levels of disruption on the

day than we had in 2019. But it's been difficult, because not everything is within your control.'

The 'summer of discontent' also seems to have thwarted early expectations that easyJet could post a profit this year, after racking up a loss of £1 billion in 2021.

In May, Lundgren refused to give any guidance but said cryptically he was 'not unhappy with the consensus out there that we'd be making a small profit'.

Is this still on the cards?

He hints the answer is 'No' though he declines to say so explicitly.

'We've never given any guidance on results for this. We will have a summer that's profitable but the annual results are a different thing.'

He points again to following analysts' guidance, which currently forecasts a loss of £127 million.

The airline recently said its holiday business would turn a profit of at least £35 million, though the extent of the flight disruption will become clear on October 13, when it releases its full-year figures.

This will hopefully be a better day for Lundgren than the third-quarter update, when he and his wife were moving from a flat in

Marylebone, Central London, to a house a few miles away in Hampstead with a garden for their dog, Molly, who heartbreakingly died on the same day.

'I loved that dog, I didn't want a dog in the beginning, I really didn't. But I lost, three against one, the family did and I didn't. When we worked from home during the pandemic she was always there.'

While many airlines struggled to stay afloat, Lundgren had the added

### 'It's been difficult but summer was profitable'

pressure of a vicious boardroom row - and an attempted coup - from easyJet's biggest shareholder Stelios Haji-Ioannou, who founded the company in 1995.

Stelios, who dubbed the directors 'scoundrels' and took particular umbrage with an order for more than 100 Airbus jets, at one point attempted to oust half of the board, including Lundgren.

Tensions have since eased, with Stelios selling down part of his

stake and relations are cordial between him and new chairman Stephen Hester. Lundgren shakes his head. 'I'm harder on myself than [Stelios] ever could be.'

Now that Lundgren has seen easyJet through the pandemic, and almost out to the other side, does he have any plans to move on?

'No I have rarely planned my career in that way, I never did when I was younger.'

Lundgren had a more colourful start to the working world than most. A passionate musician, he left school at 16 to study the classical trombone and spent three years playing under some of the biggest names in Sweden, the UK and the US.

But when he realised he would never reach the heights he hoped, he abandoned music entirely and began a career in the travel industry by becoming a tour guide on trips to the former Soviet Union.

His brother Per, to whom Johan donated a kidney, is a musician.

He then rose through the ranks at TUI, where he became second in command, before replacing Carolyn McCall, who moved to become ITV chief executive, in December 2017 at easyJet. For

**CONFIDENT:** Johan Lundgren, chief executive of easyJet, will soon release the firm's full year figures

now, Lundgren's eyes are firmly fixed on the future. He last week unveiled a wide-ranging plan to cut its carbon emissions that will see it use more efficient planes, sustainable fuel and carbon-capture projects.

He has long lambasted the idea of environmental taxes, insisting they would result in travel becoming the preserve of the rich.

In the shorter term, the potential for worried customers to tighten the purse strings is the biggest threat to easyJet this winter, though it has the advantage of being at the budget end of the market. 'We are generally better off

### 'People are struggling but they need holidays'

than our competitors when we're heading into recessions and downturns,' he says.

But even he has to admit the choices for ordinary people are getting harder. 'If people are struggling to pay their bills and, you know, do whatever they need to do in order to just make the house go round, that of course can have an impact,' he says.

Still, he maintains, holidays are still important. 'We know people don't want to let go of their holidays or to not go to see friends or family.'

He adds: 'I think tourism is generally a force for good and it's ultimately something that people value and treasure so much.'

# After Covid turbulence, Johan Lundgren sees a bright future for easyJet, but he warns...

## Some of my rivals are on course for crash landing in autumn



PICTURE: LES WILSON



SUCCESSION: Brian Cox and Sarah Snook

### LUNDGREN, 55: BAKING FAN

**FAMILY:** Married to flower arranger Maria with 21-year-old twins.

**LIVES:** Hampstead, also has properties in Mallorca and the French Alps.

**HOBBIES:** Cooking.

**LOCKDOWN HOBBY:** Baking, especially sourdough.

**TV SHOW:** Succession.

**HOLIDAY BUCKET LIST:** Rio, Galapagos, Antarctic cruise, Mayan ruins of Chichen Itza in Mexico.



NATIONAL NEWSPAPER  
PERSONAL FINANCE  
SECTION OF THE YEAR

# Personal

BY RACHEL RICKARD  
STRAUS

**H**OUSEHOLDS already have enough to worry about. The cap on energy bills has risen again, the price of goods is soaring and mortgage rates are hitting levels not seen for over a decade. Then, last week, fears about pensions were added into the mix.

The Bank of England said on Wednesday it would step in to buy £65 billion of Government debt to protect pension funds, warning that otherwise there was a material risk to UK financial stability.

So what does last week's turbulence mean for pensions? Are we back to normal, now that a crisis has been averted, or might we still

have to rethink when or even if we retire, and how much we can expect to spend in later years?

## Added protection for gold-plated pensions

THE pensions that the Bank of

England stepped in to rescue last week were private sector defined benefit – also called final salary – schemes. These are the most generous, as they pay out a guaranteed income for life based on your earnings, and have some protection against inflation.

About ten million people in the

UK are part of this type of scheme. Though they have largely been phased out to new members in the private sector, about a million non-state sector workers still pay into one.

These pension schemes came unstuck last week when the Government's cost of borrowing rose sharply. They use complex financial instruments designed to reduce risk, but which are strongly tied to the cost of Government debt. When debt yields rose, pension schemes had to quickly start selling assets at bargain-basement prices to balance the books.

While this was a very precarious situation, the important thing is the Bank of England stepped in to calm markets down, and was successful. This should offer members of these schemes some reassurance should things go awry again.

Furthermore, though these schemes were momentarily in jeopardy, they are fundamentally in good nick. They have more than enough in the pot on average to cover liabilities.

The ultimate responsibility for final salary schemes lies with the companies that offer them. If a scheme did not have enough to pay out its promises to members, the firm would be obliged to step in. And if it becomes insolvent its final salary scheme is taken over by the Pensions Protection Fund, so members still receive a pension.

In short, people who have their nest eggs in final salary schemes are very well protected.

## What of other workers saving for retirement?

MOST workers save into a defined contribution pension scheme. If you are saving through auto-enrolment, you will have this type of pension.

Both the employer and employee chip into these each month – and contributions are topped up by the Government in the form of tax relief.

The money is invested in financial markets to boost its worth. The value of this type of pension is determined by how much is put in and how well its investments perform.

Most savers with these pensions will have seen the value of their nest egg fall over the past year in general, and the past week in particular. This is because markets have had a terrible week. The value of firms listed on the London Stock Exchange has fallen by around 2.5 per cent this week, while an index of the biggest companies in the world is down close to 1 per cent – and 25 per cent this year. While it



can be tempting to stop saving when markets are falling and household bills rising, ceasing contributions can lead to future disaster.

Becky O'Connor, head of pensions and savings at investment platform Interactive Investor, says that market ups and downs are part and parcel of long-term investing.

'Don't be dissuaded from continuing with a pension, especially if you are a way off retirement,' she says. 'Your pension pot is for your retirement, and is your best chance of having one, regardless of what is happening to markets right now.'

Market falls can even be good news

## At last!

**W**E needed a bit of good news last week, amidst the gloom. Luckily it showed up, in the form of a momentous but barely noticed report published on Thursday.

All fraud victims who are tricked into sending their money in online scams will be reimbursed within 48 hours, the Payment Systems Regulator (PSR) proposed.

The regulator predicts that its new rules will see over 95 per cent of bank transfer victims reimbursed, up from the current 49 per cent.

Banks will have to reimburse victims unless they suspect they were in on the crime or grossly negligent. All losses between £100

and £1 million will be repaid. Banks will be able to charge victims a fee for doing so, but no more than £35.

The cost of reimbursement will be split between the victim's bank and the bank to which their money is fraudulently sent. Putting receiving banks on the hook should incentivise them to do more to stop fraudsters opening accounts in the first place.

These new rules cannot be implemented soon enough. They are under consultation, but unlikely to come into force until next year. Fraud is already the largest contributor to

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# Finance



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## Why the £65bn panic over pensions mustn't stop YOU saving into your nest egg

for younger savers a long way off retirement. This is because the investments they buy for their pensions are now much cheaper. Plus, they have time to ride out the turbulence and hopefully benefit from growth over the long term.

### Why it helps to drip feed your savings

IF YOU are still paying in to a pension, saving a little regularly is likely to be a better option than investing in chunks. By saving monthly you are saving through

good times and bad in the hope that the price you pay for investments averages out over time.

Investing a lump sum can be hugely profitable if you are lucky enough to invest at the right time. But time it wrong - and no one can really successfully time the market - and you could be putting all of your money into the markets just at the wrong time before a crash.

### What about those who have already retired?

RETIREES are likely to have seen

a hit to their nest eggs over recent weeks. For most, it would be prudent to stay invested so savings have time to recover. Taking money out of a pension now will lock in any losses and makes it that much harder for saving to bounce back when financial markets improve.

However, for millions of retirees this is easier said than done. Rising numbers are in fact withdrawing more from their pensions to tackle the rising cost of living.

Between April and June this year, more than half a million people withdrew £3.6 billion from their retirement pots - a 23 per cent

increase on the previous year. Tom Selby, head of retirement policy at investment platform AJ Bell, says: 'With millions of families struggling to pay the bills at the moment, for many turning to their hard-earned pensions will feel like the only option. There will also inevitably be lots of parents or grandparents who are taking some income from their pensions to help younger generations get by.'

Many retirees will have no choice but to draw on savings to make ends meet. But anyone who possibly can, should consider reducing withdrawals in the short term to

preserve the value of their pot. Some retirees may have to consider deferring retirement due to the recent market falls, or even returning to work if they have recently left the jobs market.

Gary Smith, financial planning director at wealth manager Evelyn Partners, suggests that over-55s who are planning to take a 25 per cent tax-free lump sum from their pension should consider delaying this or taking part of it and leaving the rest invested.

'Withdrawing the tax-free lump sum takes a big chunk out of one's pension savings at the start of retirement, or even before, and the diminished pot is then likely to provide a leaner income over the remaining retired life,' he says.

'Many pension funds have done poorly this year, so taking a lump sum now will probably mean crystallising losses rather than letting investments recover. This could inflict a double whammy on one's personal wealth.'

### But there is some good news...

SAVERS who are looking for a guaranteed income for life will find they can get a considerably better deal following the recent market turbulence. Annuity rates have risen by nearly 40 per cent this year so far, thanks to rising interest rates and Government bond yields.

A 65-year-old retiree with a £100,000 lump sum, can buy themselves an annuity with an income of about £6,600 a year for life. At the start of the year, they wouldn't have got more than around £4,800.

Annuities fell out of favour in recent years because the incomes they offered were so stingy that savers felt they could produce a better income by keeping their savings invested and drawing on them as they needed.

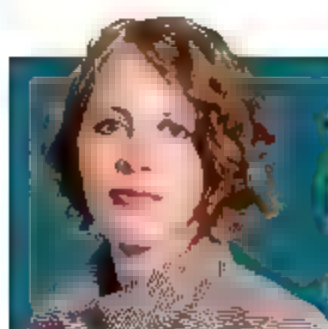
However, with annuity rates going up and with the security they provide, annuities are starting to look much more favourable.

And, offering further reassurance for pensioners, Chancellor Kwasi Kwarteng on Thursday committed to maintaining the state pension triple lock.

This guarantees that the state pension will rise by either inflation, wage growth or 2.5 per cent - whichever of the three is highest.

With inflation at about 10 per cent, the full annual state pension is likely to breach £10,000 for the first time in April next year.

## Banks to help scam victims



by **Rachel Rickard Straus**

DEPUTY PERSONAL FINANCE EDITOR

crime in the UK and this type of scam is rising quickly. Victims lost £583 million to it last year - a 39 per cent rise in one year alone.

This is one of the most terrifying and life changing types of scam, in which victims can lose their life

savings in an instant. It is also deeply pernicious. In many cases fraudsters spend days or even weeks befriending and gaining the trust of their victim.

They might tell them they are from the police, their bank's fraud

department, or even a potential love interest. They make up stories to convince their victim to hand over their cash. The emotional impact of that kind of betrayal can be devastating.

I have spoken with countless victims who have been abandoned by their bank and told they are to blame or that their money has disappeared and nothing can be done. Now, finally, banks will have to accept - as we have been arguing in our Nail the Scammers campaign - that these scams are sophisticated,

involve social engineering and that victims cannot be blamed.

The PSR will also require banks to share information with each other to track down and stop scammers, and publish data on which banks are reimbursing their customers - and which are lagging behind.

I suspect the new rules will prompt banks to make reporting fraud easier too. If they are left out of pocket if a scammer triumphs, that should motivate banks to pick up the phone instead of leaving terrified victims on hold. The

proposals are great news. But I feel for the scam victims who have already lost their savings and will not benefit from them. They may well feel vindicated - the new rules prove that they were never to blame. But that's little comfort when you've been robbed.

I asked the PSR about existing victims, but it said it cannot apply the rules retrospectively. Still, I think it is worth victims going back to their banks armed with knowledge of these new rules - and to the Ombudsman if their banks still refuse to help.

Many more people will fall victim before the new rules kick in - they need protecting too.

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# Stay calm, plea to landlords as buy-to-let loan deals disappear

By Toby Walne

**L**ANDLORDS are being warned to brace themselves for a hike in mortgage rates that will force many to sell up – or create financial misery for their tenants with rent rises.

The rises could squeeze hundreds of thousands of landlords who invested in buy-to-let property for an income in older age.

Last week, more than 1,000 mortgage deals were pulled from the mar-

ket, according to rates scrutineer Moneyfacts. Of the 850 or so buy-to-let deals still available, landlords must now pay an average mortgage rate of 5.26 per cent for a five-year fixed rate deal. A month ago, such a deal averaged 3.25 per cent.

On a £300,000 mortgage, this might amount to an extra £500 in monthly

payments. Mortgage rates have been ramped up after the Bank of England hiked the base rate to keep a lid on inflation.

Last December, the base rate was just 0.1 per cent, but it has now hit 2.25 per cent. Financial markets are predicting it could rise to six per cent by Spring.

The National Residential Landlords Association believes this is not the time to panic. Its director of policy and campaigns, Chris Norris, says: 'Keep calm. No one is sure what is going to happen but take this opportunity to consider your future plans.'

'Those with three months or less left on a fixed-rate deal might start looking around right now as lenders can sign up new landlords to a future deal that begins in a few months' time.'

The rates for buy-to-let mortgages tend to be higher because they are seen higher-risk.

About 90 per cent of buy-to-let loans are interest-only, where you pay back the interest charges on your loan and not any of the original capital borrowed.

Moneyfacts points out that although average mortgage deals stand at more than 5 per cent,

## 'Been spoiled with low rates for years'

there are still some competitive deals – although more are getting withdrawn each day.

Among the current best buys are a 4.39 per cent two-year fixed-rate buy-to-let offer with NatWest for a loan-to-value of up to 60 per cent with no arrangement fee.

For a five-year fixed deal, NatWest offers a rate of 3.89 per cent again for a maximum 60 per cent loan-to-value mortgage and a £995 arrangement fee.

Meanwhile, TSB is offering a two-year tracker buy-to-let mortgage that charges 1.89 percentage points above the base rate for a 60 per cent loan-to-value, also with a £995 arrangement fee.

Lee Grandin, owner of buy-to-let broker Landlord Mortgages, agrees that now is not a moment to panic.

He says: 'Remember, there is still a shortage of properties available for people to rent in major cities, such as London. So if mortgage rates rise you should perhaps consider raising the rent rather than simply selling up.'

However, not all landlords will be able to pass on rate rises as ten-



**DILEMMA:** Hannah Pike is having sleepless nights over interest rates

## I must sell or gamble I can weather the storm

**HANNAH** Pike fears she may have to sell her two buy-to-let properties next year if interest rates continue to soar.

The 42-year-old mother-of-two is due to remortgage a £462,000 three-bedroom semi-detached property in Wokingham, Berkshire, and a £380,000 two-bedroom terraced home in the Oxfordshire town of Thame in the next couple of years.

Hannah, a part-time personal assistant from Wokingham, says: 'Something has to give and the mortgage market turmoil is causing me sleepless nights. I must

either cut and run – or gamble that I can weather the storm. But the latter means a hike in rent for tenants.'

She adds: 'I want to keep the properties so that one day they might be passed on to my children. But if I do this, it will mean raising the rent on the Wokingham property from £1,500 to perhaps £2,000 a month – and for the one in Thame from £1,100 to £1,350.'

'It is not about making money out of my tenants, but keeping my head above water and not falling into debt.'

ants are also dealing with rising costs and may not be able to pay more. 'Landlords must remember they've been spoiled with low rates for years,' adds Grandin.

Another major concern for buy-to-let owners is the risk of a housing crash – partly fuelled by landlords and homeowners being forced to sell up because they can no longer afford their mortgage and other bills.

House prices for the 12 months to July were up 15.5 per cent and averaged £292,000, says the Office for National Statistics.

Many fear this level of growth is unsustainable and could end in a crash – commentators have forecast house price falls between ten and 20 per cent over the next couple of years.

Because buy-to-let borrowers tend to opt for interest-only mortgages, they rely on capital appreciation as part of their investment plan. If the value falls, they could be left out of pocket.

Landlords are already feeling the crunch with a slew of tough new measures being brought in to improve safety and environmental standards.

This began last year with new electrical safety rules, where every five years an electrical

installation condition report (EICR) must be completed – checking wiring and sockets.

Such certificates can cost £1,000 because electricians have to go through the entire house to give it a clean bill of health. If rewiring is required, repairs might cost thousands of pounds.

New energy performance certificate (EPC) legislation is also being introduced that means from 2025 rental properties must have a minimum EPC of 'C'. Today, only four out of ten homes reaches this required level.

This is because older properties – many of which are rented out – tend not to have well-insulated walls or roofs and have drafty windows. The cost to rectify many Victorian properties may be tens of thousands of pounds.

There is also concern that an expected Renter's Reform Bill, to be rolled out as early as next year, might scrap a 'section 21' clause on no-fault evictions.

This means even if a landlord has a good reason to ask a tenant to leave – such as a failure to pay rent – they may face the potentially costly process of having to drag the case through law courts.

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# Should I ditch my fixed-rate mortgage for a longer deal?

**Q:** I HAVE one year remaining on my two-year fixed-rate mortgage. I am currently paying 1.16 per cent on £300,000. Should I ditch my deal and lock into a new one in case rates rise further?  
AK, Lincolnshire

**A:** WHAT a week it has been for mortgages. More than 1,000 have been withdrawn from the market – the highest number ever recorded in a single week. Rates on those remaining have surged as lenders grapple with an uncertain outlook for interest rates.

When you fixed your mortgage, there were deals below 1 per cent. Today, some two-year fixes are higher than 5 per cent, amounting to thousands of pounds in extra interest payments every year.

You are not alone in wondering what to do. You are in the fortunate position of being locked into a low rate, but when you come to remortgage, you are likely to find your payments go up considerably.

The question is whether to bring that day forward by a year in the expectation that rates will continue to rise, making it cheaper to lock into a new mortgage now.

First, you need to consider early repayment charges (ERCs), which are demanded by most lenders if

## THE BIG MONEY QUESTION

By Ruth Jackson-Kirby

you exit a deal early. These are usually charged as a percentage of the outstanding balance and tend to be between 3 and 5 per cent.

However, some ERCs fall over the course of the mortgage. For example, on a five-year fix, the ERCs could fall by a percentage point each year from 5 to 1 per cent.

David Hollingworth, an associate director at mortgage broker L&C, says: 'It is important to check what the ERC will be to help understand the penalty for

breaking away from the deal. It also makes sense to check whether it is due to fall in the near term, as that could see it drop by a percentage point, which in your case could save you £3,000.'

Ultimately, you have to decide what you think will happen to interest rates in the next few months.

If you think they will continue to rise, you may decide it is worth locking into a deal now rather than waiting for a year only to find rates are significantly higher still.

However, making that call is stumping even mortgage experts and economists. Financial markets currently expect the Bank of England to raise the base rate – on which the cost of all debt is based – to 4 per cent this year and even perhaps 6 per cent by summer. Mortgage rates are likely to be at least one or two percentage points above this.

However, market expectations are moving wildly, so could easily change in the coming weeks.

'Whether it makes sense to fix now is a question that can only be answered with the luxury of hindsight,' says Hollingworth. 'We simply don't know what might happen with rate movement in the future. If the fast pace of the current changes tells us one thing, it's that things can turn around in a very short space of time.'

If you stick with your current deal, you could use the money that would have gone on the ERC to overpay your mortgage. Most allow

you to overpay up to 10 per cent without incurring a charge.

Overpayments while your interest rate is low will have more impact as more of the money will go on clearing the capital you owe and less on interest payments.

Then, when it is time to remortgage, you will need to borrow less.

You can usually shop around for a new mortgage well before your

current deal ends, as most offers are valid for up to six months. That could protect you from some interest rate rises and you wouldn't have to pay an early repayment penalty.

Plus, if interest rates fall in the intervening months, you can shop around for a different deal and ditch the offer without penalty.

If you do switch early, bear in mind that your monthly payments will rise considerably – even if not by as much as they might if you waited for another year to switch.

You are currently paying £1,153 a month on your mortgage, and have 24 years left on it.

If you moved to one of the best two-year fixes now, you could get 3.5 per cent from Reliance Bank, which would take your repayments up to £1,542 a month. Over the coming 12 months, this would cost you an additional £4,664, plus a £995 arrangement fee.

If you moved to one of the best five-year fixes at 3.67 per cent, repayments would rise to £1,568 a month and cost an extra £4,980 over the next 12 months. This is with Danske Bank and there is no arrangement fee.

Fix for ten years with Lloyds at 3.88 per cent and you would pay an extra £5,394 over 12 months, with no arrangement fee.

**'If interest rates rise, it's worth locking in now'**

Do you have a question on a burning issue for our experts to answer? Email [money@mailonsunday.co.uk](mailto:money@mailonsunday.co.uk)

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	Initial rate	Type and duration	Maximum loan-to-value	Fee	Early redemption penalty	Monthly cost
<b>OWNER-OCCUPIED RESIDENTIAL MORTGAGES</b>						
NatWest	4.08%	Fixed to 31/1/25	60%	£995	Yes	£798.40
Santander	4.94%	Fixed to 2/1/25	90%	£0	Yes	£871.65
NatWest	3.88%	Fixed to 31/1/28	60%	£995	Yes	£781.85
Halifax	4.17%	Fixed to 30/11/27	90%	£0	Yes	£805.90
TSB	4.09%	Fixed to 31/1/32	60%	£995	Yes	£799.23
Barclays	3.00%	Base rate + 0.75% for 2 years	60%	£999	None	£711.32
Furness BS	3.19%	3.10% discount for 2 years	95%	£0	Yes	£726.23
Newbury BS	2.34%	2.11% discount for 5 years	75%	£850	Yes	£660.90
First Direct	4.19%	Base rate + 1.94% for term	75%	£490	None	£807.58
First Direct	5.29%	Base rate + 3.04% for term	90%	£490	None	£902.41
<b>BUY-TO-LET MORTGAGES</b>						
NatWest	4.39%	Fixed to 31/1/25	60%	£0	Yes	£824.41
NatWest	3.89%	Fixed to 31/1/28	60%	£995	Yes	£782.67
NatWest	3.94%	Fixed to 31/1/28	75%	£995	Yes	£786.79



The rates shown are for £1 of foreign currency bought online. Rates differ widely with research showing that travellers receive less for their money the closer they are to an airport.

Source: FAIRFX

Australia	1.680	dollars
Canada	1.490	dollars
Czech Rep	28.64	koruny
Egypt	20.53	pounds
Eurozone	1.110	euros
Hungary	464.0	forint
Iceland	160.6	kronur
Mexico	21.25	pesos
Norway	11.68	kroner
Poland	5.390	zloty
South Africa	19.60	rand
Switzerland	1.070	francs
Thailand	40.42	baht
Turkey	19.45	lire
UAE	3.930	dirhams
US	1.090	dollars



Savers can put £20,000 into a tax-friendly Individual Savings Account in the tax year ending April 5, 2023. The annual limit for Junior Isas is £9,000. Savers aged 16 to 18 can save a further £20,000 into a cash Isa but cannot open an equity Isa.

For more details, visit: [savings champion.co.uk](https://www.savingschampion.co.uk)

	Notice or term	Minimum deposit	Transfers AER	allowed
<b>VARIABLE RATE CASH ISAs</b>				
Paragon Bank	Easy Access	£1	1.90%	Yes
Santander	Easy Access	£1	1.85%	Yes
Coventry BS	Easy Access	£1	1.85%	Yes
Marcus	Easy Access	£1	1.80%	No
Gatehouse Bank	Easy Access	£1	1.75%	Yes
<b>FIXED-RATE CASH ISAs</b>				
United Bank UK	1 Year	£2,000	3.61%	Yes
Newcastle BS	1 Year	£500	3.60%	Yes
Virgin Money	2 years	£1	4.12%	Yes
Virgin Money	3 years	£1	4.25%	Yes
United Bank UK	5 years	£2,000	3.70%	Yes
<b>JUNIOR CASH ISAs</b>				
Coventry BS	Age 18	£1	2.85%	Yes
Monmouthshire BS	Age 18	£10	2.80%	Yes
The Family BS	Age 18	£3,000	2.70%	Yes
Skipton BS	Age 18	£1	2.60%	Yes
Loughborough BS	Age 18	£1	2.50%	Yes



Accounts shown offer the highest rates available. All are protected up to £85,000 by the Financial Services Compensation Scheme or £100,000 for the European equivalent.

For more details, visit: [savings champion.co.uk](https://www.savingschampion.co.uk)

	Account name	Notice or term	Minimum deposit	AER
<b>EASY ACCESS</b>				
Al Rayan Bank	Everyday Saver – Issue 3		£5,000	2.35%
Charter Savings	Easy Access – Issue 28		£5,000	2.25%
Yorkshire BS	Rainy Day Account – Issue 2		£5,000.01	2.00%
RCI Bank	Freedom Savings Account		£1	2.00%
<b>NOTICE ACCOUNTS</b>				
Secure Trust Bank	180-day Notice Account	180 days	£1,000	2.60%
BLME	90-day Notice Account – Issue 5	90 days	£1,000	2.52%
OakNorth Bank	120-day Notice Deposit – Issue 23	120 days	£1	2.50%
United Trust Bank	200-day Notice Account – Issue 2	200 days	£5,000	2.50%
<b>FIXED-RATE BONDS</b>				
Hampshire Trust	1-year Bond – Issue 55	1 year	£1	4.02%
Cynergy Bank	2-year Fixed-Rate Bond	2 years	£10,000	4.50%
Cynergy Bank	3-year Fixed-Rate Bond	3 years	£10,000	4.60%
Tandem	5-year Fixed Saver	5 years	£1,000	4.55%
<b>CURRENT ACCOUNTS PAYING INTEREST</b>				
Nationwide BS	FlexDirect Current Account		£0	5.00%
Virgin Money	M Plus Account		£0	2.02%
Santander	1 2 3 Current Account		£1	1.00%
Bank of Scotland	Vantage Current Account		£1	0.60%



# Is it worth raiding the cash locked up in your home – to pay household bills?

By Sarah Bridge

RECORD numbers of homeowners are plundering the value of their home to help pay rising household bills.

The popularity of equity release is soaring as millions of households struggle to keep up with everyday costs such as energy, food and fuel bills. Legal & General, one of the UK's largest equity release lenders, says that 25 per cent of homeowners who take out loans are doing so to supplement their day-to-day income, up from 19 per cent last year.

Another lender, Canada Life, says that the proportion of equity release borrowers taking out loans for this reason has more than doubled compared to last year.

Equity release has been growing in popularity in recent years, as homeowners cash in on the rising value of their property.

Traditionally, these loans – also known as lifetime mortgages – have been used to fund large purchases, such as home improvements, once-in-a-lifetime holidays or to help younger family members with school fees or house deposits.

However, soaring household bills mean that thousands are now using the loans just to get by. Jim Boyd, chief executive of the industry trade body, Equity Release Council, says: 'No area of the nation's personal finances will be unaffected by the UK's current economic pressures.'

'Equity release products are frequently used to top up retirement income and fund one-off expenses, so it follows that more people may consider these options in a climate where prices are rising faster than incomes and where unexpected costs can create major headaches.'

Craig Brown, chief executive of Legal & General Home Finance, adds: 'As the cost of living crisis intensifies, we are seeing more homeowners use property wealth to help boost their squeezed incomes, bolstering their bank balances to help create a safety net and, in the case of gifting, extend that safety net to their loved ones too.'

## HOW EQUITY RELEASE WORKS

EQUITY release mortgages are similar to conventional ones. However, they can only be accessed by homeowners over the age of 55.

Unlike standard mortgages, where the interest and capital has to be paid off each month, equity release mortgages roll up the interest. This means repayments do not need to be made until the property is sold, usually after the owner dies or moves into residential care.

Interest owed compounds, though, making it a considerably more expensive way to borrow than a conventional loan.

## IT'S GAINING POPULARITY

A TOTAL of £4.8 billion was extracted from UK homes last year, according to the Equity Release Council. The number of new plans is up 26 per cent between April and June year on year.

Andrew Thirkill, founder and chairman of the UK's largest equity release broker Age Partnership, says the company is receiving 50 per cent more enquiries than this time last year and they are at the highest level since he founded the company in 2004.

'After years of sustained house price growth, many people are sitting on a lot of equity in their homes at the same time that they are seeing spending pressures coming at them full on, which is making them consider putting that to a wider use,' he says.

## BUT BE WARNED...

TAKING out an equity release mortgage is a big decision and

not suitable for everyone. It is crucial to seek independent legal and financial advice from a member of the Equity Release Council first.

Of course, it is also worth speaking with your family before going ahead. The debt can grow substantially over the years, which could considerably eat into the value of your estate and the amount that your beneficiaries inherit when you pass away.

Experts also warn against taking out a product that will last a lifetime simply to cover what

may be a temporary cost-of-living squeeze.

There are alternative options that should be considered first.

For example, look at your budget and see where you could make savings. Check that you are claiming all the benefits due to you. Go to [gov.uk/benefits-calculators](http://gov.uk/benefits-calculators).

If you're struggling with debt, you can get free advice and help

from organisations such as Citizens Advice, Money Helper, National Debtline and StepChange.

You could also consider using other funds to top up your income. For example, a short or medium-term loan may be a better option for one-off purchases, and using savings or pensions may make more sense financially.

Downsizing, too, is a popular way to either pay off an existing mort-

gage or release capital without taking out another mortgage. Supplementing income with a lodger may also be an option.

## DEALS HAVE IMPROVED

FOR years, equity release was seen as the less reputable end of the mortgage lending market, with people tied into expensive loans which rapidly snowballed into a much larger sum than the amount originally borrowed.

But tighter regulation, greater competition and more flexibility means products have improved considerably. However, borrowers may still be stung with early exit fees if they wish to pay off the loan. Furthermore, equity release products cannot always be easily shifted over to a new property if the borrower moves home, such as to a retirement complex.

The Financial Conduct Authority is looking at the equity release market to make sure that consumers are being properly advised. Advice includes considering a potential borrower's full financial position and all alternatives, and to allow plenty of time for thoughtful consideration and discussion with loved ones.

## HOW MUCH THEY COST

INTEREST rates had fallen as low as 2.5 per cent last year, but have been rising since. The average rate in August was 5.74 per cent, according to the Equity Release Council and rates scrutineer Moneyfacts.

Rates are likely to rise higher still as the Bank of England raises the base rate – the benchmark from which other rates are set – to deal with soaring inflation.

An equity release loan of £25,000 at the current average rate would spiral to £41,185 in just ten years. This assumes that the borrower bundles up the interest into the loan and does not pay any off. By comparison, a conventional loan for the same amount, attracting five per cent interest, would cost £31,657 over ten years, in fixed monthly instalments.

The Mail on Sunday has produced The Complete Guide To Equity Release, written by Personal Finance Editor Jeff Prestridge. To request your free copy, call 0808 239 5293 or visit [mailfinance.co.uk/unlockcash](http://mailfinance.co.uk/unlockcash).

# I borrowed to help make ends meet

FORMER betting shop owner Mike Barnes, 65, took out an equity release mortgage earlier this year when he was struggling with his bills.

'The interest rates on my savings used to be quite good and I expected that to continue, but they've been so low for so long and my pensions didn't perform as expected,' says Mike, who lives near Blackpool in Lancashire.

'I've been living off savings

and selling some shares as well as doing various jobs to make ends meet, but I could see my capital diminishing.'

Mike noticed things getting much tighter, and decided to go for equity release.

'I've got a five-bedroom detached home with no mortgage and four grown-up children, so the main asset I have is my house,' he says.

Age Partnership valued the home at £300,000 and Mike took

out a £90,000 equity release mortgage, drawing down an initial £25,000.

Keen golf fan Mike plans to downsize later and could pay off the loan then or move it to a new property, depending on what's best for him financially.

'I was aware I wasn't making enough provision for the future, but knew that this option was always there. I would have struggled otherwise,' he adds.



**TONY HETHERINGTON**  
IS AWAY



## ME AND MY MONEY

THE potter and ceramic designer Keith Brymer Jones was once paid 'silly' money to create a pot out of mincemeat with comedian Harry Hill. Brymer Jones, star of *The Great Pottery Throw Down*, will never forget just how greasy and disgusting that experience was.

The 57-year-old tells DONNA FERGUSON he has bought a chapel in North Wales as a home and studio – but can't move in until the pigeons that have roosted there for a decade move out. His autobiography, *Boy In A China Shop*, is out now.

**Q** What did your parents teach you about money?

**A** THAT money isn't everything – so make sure you enjoy what you do for a living. I come from a fairly middle class, suburban family. My father was a building society manager, a job he hated, and my mum was a stay-at-home mother.

Money was not an issue. We went on holidays every year and got a new car and decorated the house quite frequently.

But then the financial crash of the Eighties happened when I was in my late teens, and things went a bit awry for my parents. Interest rates started going through the roof. They didn't really know how to cope. Money became tight and my mother went back to work as a teacher.

**Q** Have you ever struggled to make ends meet?

**A** YES, in the early 2000s. Throughout the Nineties, I used to design and hand-produce ceramics for large retailers such as Habitat, Marks & Spencer and Laura Ashley. I was the only person hand-making products for household retailers and they really loved it.

But in 2003, one retailer – I won't mention the name – cancelled several huge orders after I had already bought all the materials and equipment I needed.

I was left high and dry, with all these materials and a very big VAT bill to pay. On top of that, I had already started making some of the orders, and found no one to sell them to.

Things got very tough for me. I had to remortgage my house to pay my bills.

I started having sleepless nights. I couldn't stop thinking about money. I didn't know how I was going to get through each day. It wasn't good for my mental health.

To turn my fortunes around, I started to rethink how I was working. I realised that making hand-made products for the retail

industry wasn't viable any more. So I started producing work out of the Far East for retailers, which meant I could make a bigger profit.

**Q** Have you ever been paid 'silly' money?

**A** YES, for doing a comedy sketch with Harry Hill. I was asked to throw a pot on the wheel but out of mincemeat, not clay. I got a stupid hourly rate: about £250 an hour for an afternoon of my time.

We had to add all this grease to the mincemeat so it would stick together. It was disgusting. But it was a lot of fun.

**Q** What was the best year of your financial life?

**A** IT WAS 1995. I threw thousands of pots at my wheel that

**Q** What is your biggest money mistake?

**A** GIVING my house away to my ex-wife. I bought a house in Whitstable in Kent for £78,500 in 2000. I gave it to her about four years ago, when it was worth £450,000. Our pensions and other assets were worth roughly the same. But a TV presenter I won't name advised me to make her an offer she couldn't refuse, to get a clean break divorce, so I did

**Q** The best money decision you have made?

**A** ALSO giving my house away to my ex-wife. I remember the judge saying: are you sure you want to do this? And I said, yes, absolutely. It gave my son, who was 11

**FIRED UP:** Keith Brymer Jones and, inset, on *The Great Pottery Throw Down*

year. The biggest order was for 16,000 pieces of ceramics from Habitat, which took me three months to do by hand. Margins at that time were very good. I made a six-figure sum that year.

**Q** What is the most expensive thing you bought for fun?

**A** MY Grenson boots. They are hand-made British classics and I love them. They cost £560. I bought them in 2015 and I still wear them.

at the time, security – it meant that he and my ex-wife didn't have to move house.

Divorces can be very messy and I still feel really good about what I did. It was my best and my worst financial decision.

**Q** Do you save into a pension or invest in the stock market?

**A** NO. I used to save into a pension, when I was in my early 20s, but now I think they are a complete and utter con. They allow other people to play around with your money. Plus, I don't see myself ever retiring.

I don't have the time or the inclination to study the stock market. Investing in stocks and shares is basically legalised betting, in my opinion. It doesn't inflame me with a lot of enthusiasm.

Personally, I think property, gold and cash are the three things to put your money into.

**Q** Do you own any property?

**A** YES, my partner and I have just bought a massive old chapel in North Wales to live and work in. It's about 9,500 square feet and has pigeons living in it at the

moment – it's been deserted for about ten years. We're planning to do lots of weird and wonderful things inside once we renovate it, such as having trees growing indoors.

Right now, we are renting a two-bedroom flat in Margate, but we're planning to move to North Wales early next year.

**Q** What is the one little luxury you treat yourself to?

**A** AN incredibly peaty bottle of Laphroaig whisky for £120. I buy one every six months. I have it with ice which, according to my partner Marge, is sacrilege.

**Q** If you were Chancellor what would you do first?

**A** I WOULD tax the rich more, by increasing the amount of income tax they pay, and close the gap between rich and poor. There are people working full-time who still can't make ends meet. The system is broken.

**Q** What is your number one financial priority?

**A** To renovate that chapel. It's the next chapter in my life and I need to get on with it.

# Great Pottery Throw Down star on a VERY big decision

## Giving a house to my ex-wife was the worst and best thing I've ever done



**FIRED UP:** Keith Brymer Jones and, inset, on *The Great Pottery Throw Down*

PICTURE: CHANNE

## Cash savers urged: Hold out for further rate increases

SAVERS have been some of the few beneficiaries of the nail-biting economic turmoil of the past few days, with interest rates on savings accounts raised to 4.5 per cent for those salting away cash for a few years.

A base rate rise to 2.25 per cent by the Bank of England last month is not expected to be the last – with predictions that it could be raised

By Toby Walne

to as high as 6 per cent next year to combat inflation.

This means savings rates are expected to continue to go up.

One of the best new deals is a five-year fixed-rate bond paying 4.5 per cent annually from United Trust Bank on balances of £5,000 or more,

according to the rates scrutineer Savings Champion. Another leading offer is 4.4 per cent from online bank Zopa if you agree to put aside at least £1,000 for five years.

However, if rates continue to rise it may not prove prudent to lock away your cash for several years.

Hampshire Trust Bank is offering a one-year fixed-rate bond paying interest of 4 per cent on

balances of more than £1. And if you prefer to give six months' notice to gain access to your money, Secure Trust Bank pays 2.6 per cent on balances from £1,000.

For those who want instant access to their cash Charter Savings Bank is one of the best paying 2.25 per cent on balances of over £5,000.

Anna Bowes, co-founder of Savings Champion, says: 'The market

is still expecting further base rate rises so even better deals could be offered over the next few months and into next year. The best buys now on the market reflect an expectation of rate hikes in the future.'

But with none of the deals nearing the inflation rate of 9.9 per cent, savers will still see the spending power of their cash eroded.

toby.walne@mailonsunday.co.uk



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# Letters

## I wouldn't trust Harry's memoir any more than his Oprah interview

With the revelation last week that Prince Harry is scrambling to amend parts of his memoir following the nation's outpouring of love for the Queen, it is becoming clear that he is having second thoughts about it. If that is the case, then he must have known that certain things he was making public would have been upsetting. Hopefully, the national grief at the death of our Queen will make both Harry and Meghan think twice before revealing more of their 'truths'.

**Ruth Peberdy**, Bridgwater

It doesn't matter if Prince Harry tries to tone down his bombshell autobiography, as it will be received badly the minute it is published anyway. Anything remotely negative about the Queen will be picked up sorely by the public.

**Madeleine Bradley**, London

It's not going to include anything truthful, regardless of whether or not it's 'toned down'. It's going to be a waste of paper and ink if it's ever published.

**Vincent Tucker**, Plymouth

Harry should hold his nerve. We want to know the juicy stuff that goes on behind closed doors.

**Max Kennedy**, Slough

### So, here's another bugbear

Regarding the inane affectation of using the word 'so' at the beginning of any narrative, I am so irritated by this that any emails starting thus are deleted without being read.

**Maureen Davis**, Coventry

The word 'so' is overused, but that is not as bad as hearing educated people referring to 'being bought

up' or things 'bought to the table'. Can we bring back the word 'brought', or fine everyone who makes that mistake £1 each time? That would clear the national debt.

**Robert Beaumont**, Halesowen

My can't-stand word is 'beloved'. His beloved husband, her beloved cat... find a new word, please!

**A. Massey**, Bolton

Requesting a rewrite confirms that this book was going to be disrespectful. The request in itself is just as damaging for Harry.

**J. Hunt**, Stourbridge

For someone who claims to want to live a private life, Prince Harry has done nothing but attempt to spotlight himself and his wife, monetise his hereditary title and capitalise from airing his dirty laundry. I wouldn't trust this autobiography any more than I did the whingeing Oprah Winfrey interview.

**B. Roberts**, Chichester

Harry should wait to write a memoir when he has a life of accomplishments worth writing

about. In most cases, that is usually in one's 60s or 70s. Being born into the Royal Family is not an achievement worth shouting out about.

**Luis Foster**, Canterbury

I can't imagine that the publishers would want Harry to tone down his memoir. They will want their pound of flesh for what they're paying him, so it may be too late for this sudden change of heart.

**Aaron Marshall**, Oxford

There is too much speculation about what exactly will be said in Prince Harry's autobiography. He has every right, like the rest of us, to say precisely what he wants to.

**E. Sullivan**, Sheffield



SPLASH-NEWS

### Dog owners feel your pain, Paris

I was not surprised to read that Paris Hilton was going out of her mind while frantically searching for her missing chihuahua (pictured with her, above). The bond between owner and pet is like no other - they're our companions, always along for the ride no matter what ups and downs life brings. I would search to the end of the earth if my dog went missing, so I hope Paris is successful in getting Diamond Baby back.

**Lucy Bryn**, Liverpool

A workman let my dog out once and I was beside myself. I live close to a railway line and I

couldn't help but think of the worst. Luckily I found her that evening, but it was the most traumatic few hours. Famous or not, Paris clearly loves her dog

**A. Gutierrez**, Salisbury

There's not a dog owner in the world who wouldn't do the same as Paris - who has spent about £10,000 a day looking for her teacup dog Diamond Baby - if they had the resources.

**Janice Washington**, Lichfield

Why doesn't Paris donate to the homeless instead of this frivolous search for her dog?

**Tallulah Alvarez**, Chichester

### Are police scared of eco-mob?

As reported last week, the eco-zealots are once again determined to disrupt ordinary people's lives and even parliamentary sittings. The police are fully aware of their intentions, so why are they being allowed to continue? Are the police too frightened to confront them?

**Elizabeth Quin**, Bournemouth

Well done for disclosing the 'next round' of so-called protests from Just Stop Oil. The country has enough going on without having to endure such claptrap.

**Paul Mackintosh**, Darlington

If it were up to the public to sort out these protesters instead of the inefficient woke police, they would find out what we really think about their escapades.

**James Giddings**, Malaga

### LETTER OF THE WEEK

## Why I pray for a property crash

Can a responsible landlord please come forward and explain why interest rates should impact on rent?

The whole point of being a tenant is that either you don't want or can't get a mortgage.

I am a landlord owning six rental properties. Once I have negotiated and agreed the rent with the new tenant, I give them the assurance that for the duration of the rental, the

price will not increase. The majority of my tenants have been clients of mine for more than five years, and they all keep their homes well and make very few demands of me.

Those who, like myself, have been fortunate to obtain a mortgage for a rental property do not have the right to exploit those who have to rent.

I include local authorities in this. They seem to delight in

fuelling inflation with their incessant rental increases.

Despite owning six properties, I pray every day for a property crash and a mortgage realignment to enable our young people to have the opportunity to experience the security that comes with home ownership.

Home inflation is slowly but surely destroying our economy.

**John Wood**, Cornwall



### The dreamy feel I get from my bed jacket

I found myself nodding in agreement with Alexandra Shulman's praise of the bed jacket. I have two, which are used regularly in the winter. One of them belonged to my mother, and it feels as if she is giving me a hug whenever I wear it.

**E. Simkiss**, Bolton

### Foolish Phil

Holly Willoughby and Phillip Schofield (left) don't work on a Friday and they hardly ever do outside broadcasts for This Morning. Their reasoning for why

they skipped the queue for the Queen's lying-in-state is ludicrous, and they should just own up to it.

**Ben O'Moore**, Salford

### Respite for 999

An ambulance driver told my friend that on the day of the Queen's funeral, they were not called out once. I think this is the best proof of how many people waste paramedics' time for no genuine reason. I also wonder how many people were in A&E during this period.

**Steve Catterall**, Blackburn

### Think outside the box

The article about Tesco ending the

### PRIZE LETTER

Letter of the Week wins a two-night stay for two at Leonardo Hotels. Choose from any of its 16 hotels across the UK (two nights' B&B, T&Cs apply). Providing the perfect base for a city break or getaway, Leonardo Hotels offer comfortable and contemporary rooms complete with a bespoke DREAM bed for the most indulgent night sleep. For the lowest rates, book online at [leonardohotels.co.uk](http://leonardohotels.co.uk). There may be some delay in vouchers being sent to the prize winners at this time, but they remain valid for 12 months.

**LEONARDO**  
HOTELS

use of 'needless' toothpaste boxes made an interesting read. Will this mean the price of toothpaste will be reduced, since they won't be spending as much on packaging?

**Stephanie Grzyb**, Essex

### Not strictly ballroom

My wife and I have been dedicated fans of Strictly Come Dancing. However, we are disappointed to see the continuous decline in the quality of the programme. Traditional ballroom dancing is no longer what this programme is about and we think everyone would prefer to see the return of traditional partnering.

**Tony Vince**, Manchester



## Premier League

<b>ARSENAL</b> Partey 20, Jesus 49, Xhaka 67	(1) 3	<b>TOTTENHAM</b> Kane 31 (pen)	(1) 1	60,278
<b>BOURNEMOUTH</b>	(0) 0	<b>BRENTFORD</b>	(0) 0	10,126
<b>CRYSTAL PALACE</b> Edouard 7	(1) 1	<b>CHELSEA</b> Aubameyang 38, Gallagher 90	(1) 2	
<b>FULHAM</b> Reid 88	(0) 1	<b>NEWCASTLE</b> Wilson 11, Almiron 33, 57, Longstaff 43	(3) 4	22,913
<b>LIVERPOOL</b> Firmino 33, 54, Webster 63 (og)	(1) 3	<b>BRIGHTON</b> Trossard 4, 17, 83,	(2) 3	
<b>SOUTHAMPTON</b> Aribo 49	(0) 1	<b>EVERTON</b> Coady 52, McNeil 54	(0) 2	30,510
<b>WEST HAM</b> Scamacca 29, Bowen 54	(1) 2	<b>WOLVES</b>	(0) 0	

## TODAY'S GAMES

Man City v Man United

2.0 live on sky sports

**35 YEARS** since a United boss (Alex Ferguson) won their first derby, with Erik ten Hag's debut today.

Leeds v Aston Villa

4.30 live on sky sports

**1** Leeds have won only one of their last 10 PL home games against Aston Villa. That win came in 2003.

TOMORROW

Leicester v N Forest

8.0 live on sky sports

**6** Forest have lost only one of their six PL meetings with Leicester.

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		HOME					AWAY					GD	Pts	Last five	Next Prem game
		P	W	D	L	F	A	P	W	D	L	F	A		
ARSENAL	➤	8	4	0	0	11	5	3	0	1	9	3	+12	21	Oct 9 Liverpool (h)
MAN CITY	➤	7	3	0	0	14	2	2	2	0	9	4	+17	17	Today Man Utd (h)
TOTTENHAM	➤	8	4	0	0	13	4	1	2	1	6	6	+9	17	Oct 8 Brighton (a)
BRIGHTON	➤	7	2	1	0	6	2	2	1	1	8	6	+6	14	Oct 8 Tottenham (h)
CHELSEA	➤	7	2	1	0	6	4	2	0	2	4	6	+0	13	Oct 8 Wolves (h)
MAN UTD	➤	6	2	0	1	6	4	2	0	1	2	4	+0	12	Today Man City (a)
NEWCASTLE	➤	8	1	3	0	6	4	1	2	1	6	4	+4	11	Oct 8 Brentford (h)
FULHAM	➤	8	2	1	1	8	9	1	1	2	5	6	-2	11	Oct 9 West Ham (a)
LIVERPOOL	➤	7	2	2	0	15	5	0	2	1	3	4	+9	10	Oct 9 Arsenal (a)
BRENTFORD	➤	8	2	1	1	10	6	0	3	1	5	6	+3	10	Oct 8 Newcastle (a)
EVERTON	➤	8	1	2	1	2	2	1	2	1	5	5	+0	10	Oct 9 Man Utd (a)
BOURNEMOUTH	➤	8	1	2	1	2	3	1	1	2	4	16	-13	9	Oct 8 Leicester (h)
LEEDS	➤	6	2	1	0	6	2	0	1	2	4	8	+0	8	Today A Villa (h)
ASTON VILLA	➤	7	2	1	1	4	3	0	0	3	2	7	-4	7	Today Leeds (a)
WEST HAM	➤	8	1	1	2	3	5	1	0	3	2	4	-4	7	Oct 9 Fulham (h)
SOUTHAMPTON	➤	8	1	1	2	5	6	1	0	3	3	7	-5	7	Oct 8 Man City (a)
CRYSTAL PALACE	➤	7	1	1	2	5	6	0	2	1	3	5	-3	6	Oct 9 Leeds (h)
WOLVES	➤	8	1	2	1	2	4	0	1	3	1	5	-6	6	Oct 8 Chelsea (a)
NOTT'M FOREST	➤	7	1	0	3	5	8	0	1	2	1	9	-11	4	Tom Leicester (a)
LEICESTER	➤	7	0	1	2	3	5	0	0	4	7	17	-12	1	Tom N Forest (h)

## Sky BET EFL

<b>BLACKBURN</b> ... (0) 2	<b>MILLWALL</b> ... (0) 1	12,164
<b>BLACKPOOL</b> ... (0) 0	<b>NORWICH</b> ... (1) 1	11,594
<b>BRISTOL CITY</b> ... (0) 1	<b>QPR</b> ... (2) 2	10,808
<b>CARDIFF CITY</b> ... (0) 1	<b>BURNLEY</b> ... (0) 1	19,788
<b>COVENTRY</b> ... (1) 1	<b>MIDDLESBROUGH</b> ... (0) 0	19,788
<b>READING</b> ... (2) 3	<b>HUDDERSFIELD</b> ... (0) 1	11,425
<b>ROTHAMPTON</b> ... (0) 0	<b>WIGAN</b> ... (1) 2	10,761
<b>SHEFF UTD</b> ... (0) 1	<b>BIRMINGHAM</b> ... (0) 1	21,327
<b>SUNDERLAND</b> ... (0) 0	<b>PRESTON</b> ... (0) 0	11,425
<b>WEST BROM</b> ... (0) 2	<b>SWANSEA</b> ... (1) 3	11,425

FRIDAY GAME: Hull v Luton 2

	P	W	D	L	F	A	GD	Pts
Sheff Utd	11	4	1	0	12	2	+14	24
Norwich	11	4	2	0	12	5	+8	23
Reading	11	5	0	1	11	6	+2	21
Burnley	11	2	3	0	9	6	+3	19
QPR	11	2	2	1	7	5	+2	18
Blackburn	11	4	0	2	9	6	+3	18
Sunderland	11	3	1	3	6	4	+2	16
Luton	11	3	2	6	6	3	+3	16
Wigan	10	0	3	2	3	8	-5	16
Swansea	11	2	1	3	6	8	-2	15
Rotherham	10	3	2	1	11	4	+7	14
Bristol City	11	3	0	2	9	5	+4	14
Watford	10	3	1	1	8	6	+2	14
Preston	11	0	4	2	1	4	-3	14
Birmingham	11	3	2	2	4	5	-1	13
Millwall	11	4	0	2	9	6	+3	13
Stoke	10	1	2	1	5	4	+1	12
Cardiff	11	2	2	1	4	3	+1	12
Blackpool	11	1	1	3	4	6	-2	11
Hull	11	3	0	3	7	11	-4	12
West Brom	11	1	3	2	11	10	+1	10
Middlesbrough	11	2	3	1	8	7	+1	10
Huddersfield	10	2	1	3	7	7	0	7
Coventry	8	1	0	1	1	1	0	5

## SPORT IN BRIEF

## Golf

**DP WORLD TOUR ALFRED DUNHILL LINKS CHAMPIONSHIP** (Old Course St Andrews, Carnoustie & Kingsbarns) — 3rd rnd leaders (GB & Ire unless stated): Par 72. 201 — R Mansell 66 68 67 205 — A Noren (Swe) 67 69 69, R Fox (NZ) 66 74 65, D Gavins 65 73 67, 206 — N Hoegaard 68 71 68, 209 — T Pulkkanen (Fin) 66 73 69, C Burke (SA) 66 77 65, R Hoegaard (Den) 67 74 67, 209 — M Southgate 67 73 69, C Syme 68 76 65, S Garcia (Spa) 68 73 68, R MacIntyre 68 70 71, O Becker (SA) 66 74 69, B Horseshoe (US) 71 71 62, P Harrington 69 71 69, R McIlroy 68 75 66, 210 — U Uhlir (US) 65 77 68, H Long (Ger) 70 71 69, D Whitfield 66 77 67, L Oosthuizen (SA) 72 73 65, T Hutton 68 76 66, M Kieffer (Ger) 66 74 70.

**SANDERSON FARMS CHAMPIONSHIP** (Jackson, Mississippi) — 2nd rnd leaders (US unless stated): 134 — T Detry (Bel) 67 67, M Hughes (Can) 71 63, 135 — S Straka (Aut) 69 66, 136 — C Higgs (SA) 70 66, M Hubbard 67 69, S Stallings 69 67, 137 — N Hardy 70 67, S Jaeger (Ger) 69 68, D Riley 66 71, 138 — D Burnstetter (SA) 70 68, T Cone 67 71, B Griffin 72 66, E Grillo (Arg) 73 65, K Streelman 71 67, N Taylor (Can) 68 70, K Westermarck 71 67, B Wu 69 69.

**ASCENDANT LPGA BENEFITING VOLUNTEERS OF AMERICA** (Colony, Texas) — 2nd rnd leaders (US unless stated): 131 — C Hull (Eng) 67 64, 133 — X Lin (Chn) 65 68, A Thitkul (Tha) 66 67, 134 — L Duncan 69 65, 135 — J Korda 69 66, M Jutanugarn (Tha) 67 68, E Kristine Pedersen (Den) 68 67, 136 — L Ko (NZ) 70 66, 137 — A Jutanugarn (Tha) 68 69, A Thompson 67 70, C Boutier (Fr) 68 69, Sorefan Rhy (Kor) 69 68, M Sagstrom (Swe) 69 68, M Szeryk (Can) 67 70.

## POOLS CHECK

CLAIMS: Not required (8 score draws, 3 no-score draws. Homes: 18. Aways: 20).

Premier Lge and Sky Bet Lge yesterday: Homes: 13. Aways: 17. Draws: 10. Total goals: 104.

MATCH NO.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49
FULL-TIME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49

## Sky BET LEAGUE ONE EFL

<b>ACCRINGTON</b> ... (0) 3	<b>MORECAMBE</b> ... (0) 1	2,916
<b>BOLTON</b> ... (1) 2	<b>LINCOLN CITY</b> ... (0) 0	6,813
<b>BURTON</b> ... (1) 3	<b>FOREST GREEN</b> ... (0) 2	2,620
<b>CAMBRIDGE UTD</b> ... (0) 0	<b>DERBY</b> ... (1) 2	6,813
<b>CHARLTON</b> ... (0) 1	<b>OXFORD UTD</b> ... (1) 1	12,806
<b>CHELTENHAM</b> ... (1) 2	<b>SHREWSBURY</b> ... (0) 0	2,816
<b>EXETER</b> ... (0) 2	<b>BRISTOL ROVERS</b> ... (0) 2	4,124
<b>FLEETWOOD</b> ... (0) 0	<b>BARNLEY</b> ... (0) 1	28,434
<b>IPSWICH</b> ... (1) 3	<b>PORTSMOUTH</b> ... (1) 2	21,327
<b>MK DONS</b> ... (0) 2	<b>PETERBOROUGH</b> ... (2) 3	8,963
<b>PORT VALE</b> ... (0) 0	<b>SHEFF WED</b> ... (0) 1	11,366
<b>WYCOMBE</b> ... (0) 0	<b>PLYMOUTH</b> ... (1) 1	5,869

	P	W	D	L	F	A	GD	Pts
Plymouth	11	5	0	0	8	1	+7	25
Ipswich	11	3	2	0	11	5	+6	24
Sheff Wed	11	3	2	1	14	8	+6	21
Portsmouth	10	3	2	0	11	5	+6	21
Barnley	11	3	1	1	8	5	+3	20
Bolton	10	5	0	1	10	3	+7	20
Peterboro	11	4	0	1	12	1	+11	18
Derby	10	4	0	1	9	6	+3	17
Accrington	11	2	3	1	10	9	+1	16
Cambridge Utd	11	4	0	2	9	9	0	16
Exeter	11	3	1	2	10	6	+4	16
Shrewsbury	11	2	1	2	5	7	-2	15
Lincoln City	10	1	3	0	6	4	+2	13
Charlton	11	2	3	0	9	4	+5	12
Fleetwood	10	1	4	1	4	4	0	12
Port Vale	11	2	2	2	6	6	0	12
Cheltenham	10	2	0	3	7	8	-1	11
Oxford Utd	10	2	1	2	6	6	0	11
Wycombe	11	2	1	2	6	4	+2	11
MK Dons	10	1	1	3	5	8	-3	10
Bristol R	11	1	2	3	8	12	-4	9
Forest Green	11	1	0	5	14	12	+2	7
Barton	11	1	0	4	3	11	-8	7
Morecambe	11	0	2	3	2	10	-8	7

## Sky BET LEAGUE TWO EFL

<b>AFC WIMBLEDON</b> ... (0) 2	<b>COLCHESTER</b> ... (1) 1	7,328
<b>CARLISLE</b> ... (0) 0	<b>CREWE</b> ... (0) 0	5,092
<b>CRAWLEY</b> ... (0) 1	<b>STEVENAGE</b> ... (1) 2	2,732
<b>GILLINGHAM</b> ... (0) 1	<b>SUTTON UTD</b> ... (0) 0	4,163
<b>HARROGATE</b> ... (0) 1	<b>BRADFORD</b> ... (1) 2	7,403
<b>LEYTON ORIENT</b> ... (0) 1	<b>NEWPORT</b> ... (2) 2	3,264
<b>ROCHDALE</b> ... (1) 1	<b>DONCASTER</b> ... (1) 2	3,521
<b>SALFORD CITY</b> ... (1) 1	<b>GRIMSBY</b> ... (1) 1	9,789
<b>STOCKPORT</b> ... (1) 1	<b>WALSALL</b> ... (0) 1	5,366
<b>SWINDON</b> ... (0) 1	<b>NORTHAMPTON</b> ... (0) 2	5,366
<b>TRANMERE</b> ... (1) 1	<b>BARROW</b> ... (0) 0	5,366

FRIDAY GAME: Mansfield 2 Hartlepool 2

	P	W	D	L	F	A	GD	Pts
Leyton Orient	11	5	0	1	11	4	+7	28
Northampton	11	5	0	1	13	6	+7	26
Stevenage	11	5	0	0	7	2	+5	25
Bradford	11	3	3	0	9	3	+6	21
Salford City	11	3	2	1	9	4	+5	21
Barrow	11	4	0	1	8	5	+3	21
Mansfield	11	3	2	0	10	5	+5	20
Doncaster	11	4	0	2	11	8	+3	20
Carlisle	11	3	3	0	8	5	+3	18
Swindon	11	2	2	1	8	5	+3	17
Tranmere	11	3	0	2	8	4	+4	16
Crewe	11	3	1	2	9	6	+3	16
Gateshead	11	0	3	2	4	6	+1	16
Sutton Utd	11	4	1	1	9	5	0	14
Wimborne	11	2	1	2	6	6	0	12
Newport	11	1	1	4	5	10	-2	11
Walsal	11	1	2	2	7	5	0	10
Gillingham	11	2	2	2	2	4	-8	10
Stockport	11	2	1	3	1	6	0	9
Harrrogate	11	1	1	3	4	7	-7	8
Colchester	11	1	2	3	4	7	-8	6
Crawley	11	1	0	4	6	10	-9	6
Hartlepool	11	0	1	4	1	4	-3	6
Rochdale	11	0	1	4	3	7	-3	5



## VANARAMA NATIONAL LGE

ALDERSHOT.....(1)	1	WEALDSTONE.....(0)	2
Vincent 7		Brown 66, 76	
BARNET.....(0)	0	YORK.....(2)	5
		Kerr 12, Hurst 26, John-Lewis 48, 71, Sanders 90	
BOREHAM WOOD(1)	3	MAIDSTONE.....(1)	1
Williams 36, Broadbent 63, Wilkov 65		Oscaon 30	
CHESTERFIELD.....(0)	1	MAIDENHEAD.....(1)	2
Williams 90		Arthur 45, Nathaniel-George 50	
DORKING.....(2)	5	DAG & RED.....(0)	1
McShane 27, 33, Bowerman 49, Mead 54, Seager 58		Lincoln 82 (og)	
FC HALIFAX.....(0)	0	WOKING.....(2)	4
		Daily 9, Spence 17 (og), Grego-Cox 74, 78	
GATESHEAD.....(0)	1	EASTLEIGH.....(1)	1
Jarvis 34		Hill 20	
NOTTS COUNTY.....(2)	3	ALTRINCHAM.....(0)	1
Langstaff 42, 44, 60		Olinaga 47	
OLDHAM.....(1)	1	WREXHAM.....(0)	2
Fondrop-Eaton 25		Tozer 85, Mullin 90 (pen)	
SOLI HULL.....(0)	2	BROMLEY.....(1)	2
Kelly 90, Reid 90		Alexander 34, Arthur 67	
SOUTHEND.....(1)	1	YEOVIL.....(0)	0
Hyde 37			
TORQUAY.....(1)	1	SCUNTHORPE.....(0)	1
Martin 4		Beeston 49	

	P	HOME					AWAY					GD	Pts
		W	D	L	F	A	W	D	L	F	A		
Wrexham	11	5	0	0	20	3	3	2	1	11	6	+22	26
Notts Co	11	4	1	0	11	3	3	2	1	16	8	+16	24
Chesterfield	11	4	0	1	10	5	3	3	0	12	8	+9	24
Boreham Wood	11	2	2	1	8	6	4	2	0	10	3	+9	22
Bromley	11	5	1	0	10	1	1	1	3	7	11	+5	20
Solihull	11	2	4	0	13	6	3	0	2	12	8	+1	19
Woking	11	4	0	1	11	3	2	1	3	8	7	+9	19
Wealdstone	11	2	3	1	6	5	3	1	1	6	4	+3	19
York	11	2	1	2	6	6	3	2	1	10	4	+6	18
Dorking W	11	3	1	2	13	14	2	0	3	9	11	-3	16
Southend	11	3	1	2	5	3	1	2	2	5	6	+1	15
Eastleigh	11	3	2	0	6	3	1	1	4	7	11	-1	15
Barnet	11	3	0	2	7	7	1	2	3	11	5	-4	14
Dag & Red	11	4	1	1	16	13	0	1	4	3	13	-7	14
Maldenhead	11	3	1	2	7	5	1	0	4	2	8	-4	13
Gateshead	11	1	4	1	9	7	1	1	3	5	9	-2	11
Oldham	11	3	0	3	10	11	0	2	3	1	8	-8	11
Maldstone	11	2	1	2	7	8	1	1	4	6	17	-12	11
Yeovil	11	1	3	2	6	7	0	3	2	4	6	-3	9
Aldershot	11	2	0	4	11	12	1	0	4	3	7	-5	9
Scunthorpe	11	2	1	3	9	12	0	2	3	5	9	-7	9
Torquay	11	0	2	3	3	9	2	1	3	4	10	-12	9
Altrincham	11	1	3	1	7	7	0	2	4	4	15	-11	8
FC Halifax	11	1	1	3	3	9	1	1	4	4	10	-12	8

## ISTHMIAN PREMIER

AVELEY.....(3)	3	MARGATE.....(1)	1
BISHOP'S ST.....(0)	0	WINGATE & FIN.....(0)	0
BOWERS & PITSEA.....(0)	0	HORSHAM.....(0)	0
CANVEY IS.....(1)	3	BOGNOR REGIS.....(1)	2

		HOME					AWAY					GD	Pts
	P	W	D	L	F	A	W	D	L	F	A	GD	Pts
Aveley	9	4	1	1	11	10	2	0	1	4	4	+1	19
Hornchurch	8	5	0	0	15	4	1	0	2	7	3	+15	18
Enfield Tn	10	3	2	0	7	2	1	2	1	2	7	+10	18
Potters Bar Tn	8	4	0	1	9	3	2	0	1	6	6	+6	18
Bishop's St	10	3	2	0	7	2	2	1	2	7	6	+6	18
Horsham	11	3	0	2	12	5	1	3	2	7	8	+6	15
Canvey	9	3	1	1	9	8	1	2	1	6	3	+4	15
Hastings	8	3	0	1	7	3	1	2	1	1	3	+2	14
Bognor Regis	9	2	1	1	8	5	1	2	2	12	12	+3	12
Cray	9	2	2	1	7	6	1	1	2	7	7	+1	12
Folkestone Inv	7	2	1	2	8	9	1	1	0	4	3	0	11
Billericay	8	2	1	1	8	7	1	0	3	3	6	-2	10
Haringey Boro	9	1	2	2	6	9	2	1	2	1	4	-3	10
Kingstonian	8	1	3	0	6	5	0	3	1	4	5	-1	9
Lewes	7	2	1	0	4	1	0	2	2	3	6	-1	9
Margate	8	1	2	1	8	7	1	0	3	4	6	-1	8
Bowers & Pitsea	10	1	4	1	7	8	0	1	3	4	11	-8	8
Carshalton	7	1	0	1	2	2	1	1	3	7	9	-2	7
Brightlingsea	8	2	1	2	6	11	0	0	3	3	9	-7	7
Wingate & Fin	9	0	2	1	4	5	0	4	2	5	9	-5	6
Corinthian Cas	8	1	1	0	5	2	0	1	5	4	18	-11	5
Herne Bay	8	0	1	1	1	7	1	1	4	7	12	-11	5

**PRESS AND JOURNAL HIGHLAND LGE** — Buckie Thistle 7 Turf United 1, Deveronvale 4 Keith 1, Forres Mechanics 4, Rothes 1, Huntly 1, Strathspie, Thistle 0, Inverurie Loco Works 0, Brechin 1, Nairn County P, Wick Academy P. (Postponed due to travel issues.)

**NEWS CARRY ALLIANCE** — Buckley Town 0, Guisfield 1, Cefn Druids 3, Llanidloes Town 2, Colwyn Bay 2, Prestatyn Town 1, Conwy Borough P, Gresford Athletic P, Holyhead Hotspur 2, Mold Alexandra 2, Holywell Town 2, Penrhynoch 0.

**DANSKE BANK IRISH PREMIERSHIP** — Carrick 4 Crusaders 3, Cliftonville 4, Newry 0, Dungannon Swifts 0, Linfield 1, Larne 2, Coleraine 0.

**SC EAST TELEGRAPH CHAMPIONSHIP 1** — Annagh Utd 2 H & W Wealders 1, Ards 5, Dergview 2, Ballycane 1, Warrenpoint Town 1, Dundela 2, Newington 1, Knockbreda 1, Ballinamallard Utd 2, Loughall 1, Institute 0.

**ISTHMIAN LGE** — Div 1 South Central: Ashford Town (Hudds) 2, Northwood 1, Chertsey Town 4, Guernsey 0, Chipstead 2, Jinxbridge 1, Leatherhead 0, Basingstoke Town 0, Mersham 0, Marlow 0, Sutton Common 1, Rovers 1, Southall 1, Thatcham Town 5, Bedford Sports 1, Totting & Hitcham 1, South Park 1. Div 1 North: Basildon Utd 0, Stowmarket Town 2, Coggeshall Town 0, Brentwood Town 1, East Thurrock Utd 1, Hullbridge Sports 1, Gorteston 0, Bury Town 2, Maidon & Tiptree 0, Great Wakering Rovers 3, New Salamis 2, Heybridge 2, Tiptree 0, Jays Athletic 2, Witham Town 0, Lowestoft Town 1, Wroxham 2, Feltham & Walton Utd 2. Div 1 South East: Burgess Hill Town 1, East Grinstead Town 0, Chichester City 1, Faversham Town 1, Compton 0, Havardas Heath Town 3, Jangle (Cray Valley FM) 1, Uthelhampton Town 1, Ashford Utd 3, Sheppey Utd 1, Whitehawk 1, Sidingsbourne 0, Chatham Town 0, Three Bridges P, Hythe Town P, VCD Athletic 2, Ramsgate 2.

## WOMEN'S LEAGUE CUP

**GROUP A** — Aston Villa 1, Man Utd 1, Aston Villa win 4-3 on penalties.

**TODAY** — **Gr A:** Durham v Sheffield Utd (12.0). **Gr B:** Sunderland v Liverpool (01.30). Blackburn v Leicester City (2.0). **Gr B:** Birmingham v Brighton (2.0). **Gr C:** London City v West Ham (2.0). **Gr D:** Lewes v Charlton (2.0). **Gr E:** Bristol City v Crystal Palace (3.0). **Gr F:** Reading v Tottenham (2.0). **Gr G:** Coventry v Southampton (3.0).

## EMIRATES FA CUP THIRD QUALIFYING ROUND

ALVECHURCH.....	4	NUNEATON BGH.....	0
ANSTEY NOMADS.....	5	SHEFFORD & CAMP.....	0
BAMBER BRIDGE.....	0	BUXTON.....	3
BANBURY UTD.....	2	BERKHAMSTED.....	0
BASFORD UTD.....	1	BOSTON.....	1
BATH CITY.....	0	SEVENOAKS TN.....	1
BECKENHAM TN.....	5	BINFIELD.....	3
BILLERIKAY.....	3	BIGGLESWADE TN.....	3
CARSHALTON.....	0	HAVANT & W.....	2
CHESHUNT.....	1	KIDDERMINSTER.....	2
CHESTER FC.....	0	HANLEY TN.....	0
CHORLEY.....	0	BLITH SP.....	1
CLITHEROE.....	1	BURY AFC.....	1
COALVILLE TN.....	3	AFC SUDBURY.....	0
CONGLETON TN.....	1	AFC FYLDE.....	1
DULWICH HAMLET.....	0	FOLKESTONE INV.....	1
GAINSBOROUGH T.....	0	WORKSOP TN.....	1
GLOUCESTER.....	0	MERTHYR TN.....	1
HAMPTON & R.....	6	PAULTON.....	1

## VANARAMA LGE SOUTH

DARTFORD.....(1)	2	HUNGERFORD.....(0)	0
Herschel 20, Wall 82			
ST ALBANS.....	P	CONCORD R.....	P

	P	HOME					AWAY					GD	Pts
	P	W	D	L	F	A	W	D	L	F	A	GD	Pts
Ebbesfleet	10	5	0	0	17	3	4	1	0	10	6	+18	28
Havant & W	10	4	0	0	12	4	4	2	0	14	9	+13	26
Dartford	11	4	0	2	10	7	3	0	2	9	5	+7	21
Chelmsford	10	3	1	1	9	6	3	2	0	5	1	+7	21
Worthing	10	1	3	0	5	4	4	2	0	12	5	+8	20
Welling	10	2	2	2	13	10	3	1	0	6	3	+6	18
Bath City	10	3	0	1	10	5	2	3	1	11	11	+5	18
Brantree	10	3	2	0	8	3	2	0	3	10	10	+5	17
Slough	10	3	1	1	7	5	2	1	2	6	10	-2	17
Tonbridge	10	2	0	2	7	8	3	1	2	10	9	-1	16
Oxford City	10	2	2	1	12	7	2	0	3	3	7	+1	14
Chippenham	10	4	1	1	6	3	0	1	3	1	7	-3	14
Eastbourne	10	2	0	3	10	10	2	1	2	9	8	+1	13
Taunton Tn	10	2	3	0	6	3	1	1	3	1	3	+1	13
St Albans	9	0	2	2	0	2	3	1	1	7	5	-12	12
H Hempsstead	10	2	1	2	5	6	1	2	2	5	9	-5	12
Hampton & R	10	1	2	1	3	5	2	0	4	9	10	-1	11
Dover	10	2	0	2	7	5	1	2	3	7	12	-3	11
Dulwich	10	1	0	3	5	8	1	2	3	8	9	-4	8
Concord	9	1	2	3	7	11	1	0	2	1	6	-9	8
Farnborough	10	1	1	3	3	5	1	0	4	4	8	-6	7
Hungerford Tn	11	1	1	4	3	5	0	1	4	1	8	-9	5
Chesham	10	1	0	5	7	17	0	0	4	5	10	-15	3
Weymouth	10	0	1	6	3	15	0	1	2	3	6	-15	2

## SOUTHERN LEAGUE PREMIER SOUTH

BEACONSFIELD.....(0)	0	POOLE TN.....(1)	2
CHESHAM UTD.....(1)	3	TIVERTON TN.....(0)	0
GOSPORT B.....(0)	2	NORTH LEIGH.....(0)	0
HARTLEY WINTNEY.....(0)	0	TRURO.....(1)	1
DORCHESTER.....(1)	3	HARROW.....(1)	2

		HOME					AWAY						
	P	W	D	L	F	A	W	D	L	F	A	GD	Pts
Weston-S-Mare	9	4	0	0	16	3	2	0	0	10	4	+19	23
Truro	9	3	2	0	10	2	3	0	0	9	4	+13	21
Chesham Utd	8	4	0	0	8	3	1	2	1	5	4	+6	17
Hanwell Tn	9	3	0	2	6	5	2	2	0	7	5	+17	17
Swindon Super	9	4	1	0	14	7	1	0	3	6	8	+16	16
Tiverton Tn	9	2	3	0	9	6	2	0	2	6	6	+3	15
Salisbury FC	9	3	0	2	7	7	2	0	2	7	5	+2	15
Poole Tn	8	1	0	3	9	9	3	1	0	8	3	+5	13
Mel Police	8	1	0	1	4	4	3	1	2	11	10	+1	13
Dorchester Tn	9	3	0	1	10	6	1	1	3	4	9	-1	13
Mertthyr Tn	8	2	0	2	9	7	2	0	2	6	6	+2	12
Bracknell Tn	8	1	2	1	7	7	2	1	1	7	5	+2	12
Gosport Boro	8	3	0	1	12	6	1	0	3	2	6	+2	12
Hayes & Yeading	8	2	1	1	4	3	1	2	1	4	4	+1	12
Beaconsfield	9	1	1	2	6	7	1	2	2	8	10	3	9
Harrow	9	1	1	3	4	7	1	1	2	4	12	-11	8
Whitchester City	8	0	2	3	3	9	1	1	1	7	8	7	6
Hartley Wintney	7	0	2	2	5	9	1	0	2	5	6	5	5
North Leigh	8	0	2	2	6	10	1	0	3	3	4	5	5
Hendon	9	0	1	3	2	6	1	1	3	6	11	-9	5
Plymouth Park	8	1	1	2	6	8	0	1	3	7	15	10	5
Yate Tn	9	0	1	3	3	9	1	1	3	8	15	-3	5











By Richard Gibson

CHRIS WOAKES occasionally wanders into his study back home, simply to remind himself. Of the surges and shunts of that dramatic day at Lord's, and the lengthier journey he went on with England's first champion 50-over team.

Some people house them in glass-fronted cabinets, others mount them on the wall. But the World Cup winner's medal Woakes received following that barest-of-margins success over New Zealand in 2019 simply hangs next to his computer in 'his' room, littered with memorabilia from a 16-year career, away from wife Amie and their two young daughters.

'I occasionally just go in and have a look at it. Not many people own them, do they? Even more so, as an Englishman,' Woakes says.

Memories of that never-ending Sunday in July were also at the heart of England's forgotten man to undergo a knee operation two months ago, the motivation for which was to be part of attempts to double the haul of golds at this month's Twenty20 equivalent.

'The thought of lifting a trophy again is a bit like a drug, I suppose,'

# Woakes dreams of conquering world

he tells The Mail On Sunday. 'The motivation was always there to get back and play whatever cricket I could, really, but the carrot of a World Cup was huge, and that effectively set my deadline. It was a case of either having the surgery then, or not at all.'

Such was the length of Woakes' injury lay-off that prior to this seven-match tour of Pakistan that

will have its current 3-3 status unlocked later today, and the fast-forward pace of the summer of Baz that his previous competitive appearance under Joe Root's captaincy in the Caribbean feels like a different era. England returned from that tour, nursing the effects of a 1-0 loss to West Indies, and Woakes a triumvirate of injuries.

'The body was aching and creak-

ing. I couldn't throw too well because of a shoulder niggle, my knee was sore and my ankle had flared up as well. Apart from that, I was good to go,' Woakes smiles.

Such issues are part and parcel of being a fast bowler, of course. Only the knee 'kept teasing me,' he says. 'I was getting to the stage where I was bowling at full tilt but as soon as I bowled a little bit too much, I

couldn't move the next day.' In his comeback for Warwickshire's second XI, he was restricted to nine overs. Keyhole surgery took place at the end of July.

Just in time for England to get the band back together. Mark Wood's re-emergence here has provided England with a huge boost as they head Down Under tomorrow but the influence of Woakes should not be underestimated.

Some of Woakes' best white-ball efforts have come in Australian conditions — his best ODI figures were at the Gabba 11 years ago.

Now 33, like Ben Stokes he has been asked to consider specialism going forward to manage workload but although he is unlikely to be selected for a return to Pakistan later this winter, he insists: 'I'm desperately keen to still play Test cricket, for sure. I don't see that my Test career is over.'

'I want to play all formats for as long as I possibly can, and for as long as my body allows.'

● PAUL Collingwood will join England's backroom staff at the World Cup after assistant coach Richard Dawson was ruled out with a groin injury.

## 'Finale is perfect World Cup prep'

ENGLAND'S winner-takes-all finale to their Pakistan tour today provides the perfect preparation for the upcoming Twenty20 World Cup, according to Ben Duckett.

'It (the series) should really go into a kind of final because both teams

have been pretty good,' Duckett said. 'For the World Cup squad, it's really good to play in must-win games and even when we didn't get over the line here — you learn more about these games than the ones that you win.'



## New captain Masood pledges to make county great again

# I can lead Yorkshire out of the doldrums

From Richard Gibson

CRICKET CORRESPONDENT IN LAHORE

'THERE'S no point dwelling on the past, you need to move on to keep moving forward, that's the game. I feel too often as cricketers we get stuck in the past, nothing's permanent, we've seen mighty teams fall, and we've seen people at ground level go all the way up,' says Shan Masood, as he leans forward poolside.

Sat at the hotel which houses both Pakistan and England squads, the stylish left-handed batsman is not referring to the Twenty20 international series here, but a difficult domestic situation thousands of miles away. Yorkshire are in a mess, and this is the man with the manifesto to get them out of it. Meet the new club captain.

Within hours of his appointment for 2023, Yorkshire had been relegated to Division Two of the County Championship. Indeed, this 'mighty team' will take some rebuilding.

In Masood, however, they have arguably unearthed the ideal candidate to promote unity after two years of bitter division at Headingley. He is only the second overseas club captain in 159 years, after Darren Lehmann, and crucially the first of colour.

Azeem Rafiq, whose whistleblowing on racism two years ago has led to a re-evaluation of Yorkshire's image and actions, was the first player of Asian origin to wear the armband in 2012 when he deputised for the injured Andrew Gale.

As Masood, 33 next week, points out, Yorkshire have had a rich heritage of Pakistani players including Inzamam-ul-Haq, Younis Khan and Sarfaraz Ahmed, and his arrival should appeal to the communities that felt ignored under previous regimes.

And also to a playing group who had their backroom staff support system ripped away via the mass coaching sackings 10 months ago.

'I hope that I'm accepted as Shan Masood and not anyone else. I don't want to get into what's happened. I

want to go there and make a difference through me as a player and me as a person, and I hope that Yorkshire can be known for the kind of cricket they play,' he says.

'I want to be the player that people want to see every day and I want us to be the team that people want to come and watch.'

'To me, this is an honour, a privilege. These opportunities don't come twice. It is going to be challenging, we need to restore the club back to where it has been. I've just been looking at the list of County Championship winners and Yorkshire historically were at the top, so again we want to be the team that has the pedigree to do that.'

With him on the journey will be a cast of international stars: Joe Root,

whose presence on the golf course rather than in the failed final-round fight versus Gloucestershire has raised questions about priorities within the English game, Jonny Bairstow, Dawid Malan and Harry Brook. His Pakistan team-mate Haris Rauf wants to return too, joining Adil Rashid as one of the club's white-ball specialists.

But it will begin in Division Two, much to a disillusioned membership's chagrin, alongside the likes of Derbyshire, the club Masood's runs — he was first to 1,000 during the 2022 first-class season — reinvigorated.

Masood moved to Derbyshire last winter because of Mickey Arthur, the man who he says 'will always be my coach', but not necessarily his go-to man for advice. That

honour belongs to England's 2010-11 Ashes-winning mastermind Andy Flower, their bond oddly strengthening after Masood's sacking as captain ended a management relationship at Pakistan Super League franchise Multan Sultans two years ago.

And so Flower was consulted on the merits of moving to Yorkshire. As was David Willey, who lambasted Yorkshire's new regime when announcing his own departure this summer — 'one of the best guys I've known in cricket,' according to Masood.

Of Flower, he adds: 'When you have honest conversations, maybe in the moment they don't make



FRONT FOOT: Pakistan's Masood has big plans as Yorkshire's new captain

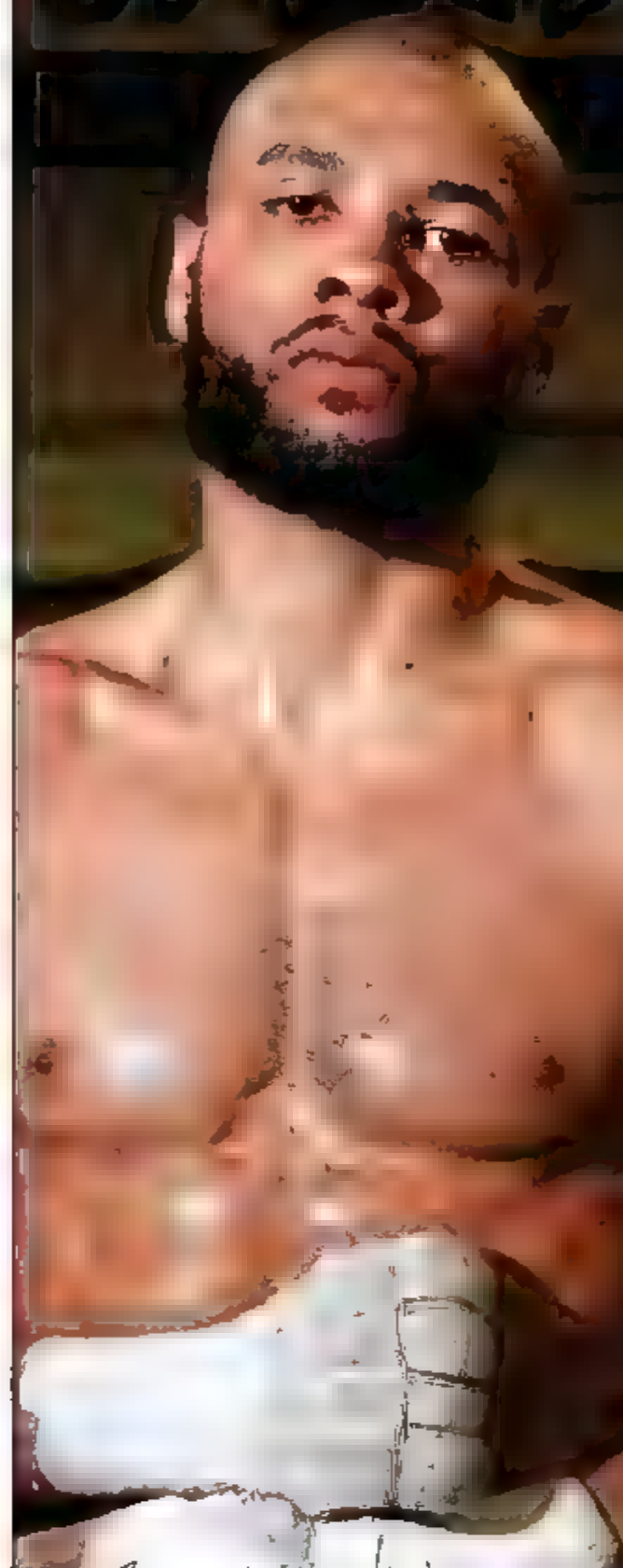
sense, maybe you feel you've been let down, or dealt with unfairly, but fast-forward and things start to work. So I've been very grateful to have his influence.'

With a penchant for plain speaking, Masood is clearly moving to the right place.



# Thirty years on from classic Benn-Eubank battles, their sons are bound by boxing, tragedy and love

## We both walk and fight in shadow of our fathers



**L**AST NIGHT, at the Palace Theatre in Southend-on-Sea, Nigel Benn and Chris Eubank met at centre stage once more: face to face for the first night of their Trilogy Tour, exchanging digs, trading more tales of a rivalry reignited.

Down on the south coast in Hove, Frank Smith is enjoying a rare weekend off. Albeit under a form of house arrest.

'I'm probably not allowed in the gym,' the 30-year-old says. Not when Chris Eubank Jr is training.

No matter that they will soon be family. Their relationship remains... complicated. For six years, Smith has dated Eubank's younger sister, Emily. 'She's actually the man of the relationship! That makes it a lot easier for me,' says Eubank Jr.

For six years, Smith, the Matchroom Boxing chief executive and Eddie Hearn's right-hand man, has also guided the career of Conor Benn. 'The business and family aspect of things don't clash — not yet anyway,' adds Eubank Jr.

Recently, though, Smith negotiated Benn on to a collision course with his future brother-in-law. Those worlds meet on Saturday.

It is one of the many, tangled threads entwining these families dating back to 1990, when Eubank and Benn Sr began British boxing's most ferocious, unforgettable feud. Nearly 30 years after their fathers' 1993 rematch, Conor and Chris will write the next chapter. Smith's plan for fight night?

'Half-and-half-scarf in the front row, not smiling,' he jokes.

Together these warring tribes are bound by boxing, blood, thunder, tragedy and now love.

'That's why this fight is happening: because of the history, the bad blood,' says Eubank Jr. 'I wanted to be a part of something that had never been done before and will never, ever be done again.'

### SPECIAL REPORT

By Daniel Matthews



The fathers' fights cast a long shadow over British boxing and their son's careers. Even after the opening bell in London, their significance will linger.

Eubank Sr, concerned by his son's cut to the 157lb catchweight, tried to pull him out.

He reminded Nigel of the respective damage they did to Michael Watson and Gerald McClellan, even invoking the memory of his late son Sebastian, who died last year aged 29. 'I have already lost one,' Eubank said. 'It can't happen again.'

But Sebastian and Jnr used to fantasise about this fight.

'From the day that Conor turned pro, that was the thing,' Eubank Jr recalls. 'Wow, imagine if we fought... it'll probably never happen but...'

Until about a year ago, they trod parallel paths: Eubank Jr, 33, has fought at middleweight and super-middleweight. Benn, 26, is approaching world title fights at welterweight.

For a while it seemed more likely that their fathers, both former world champions, would fight once more. As recently as 2016, Benn — then 52 — tried to lure 49-year-old Eubank out of retirement. Thankfully, they are now content with verbal sparring.

For years, however, their enmity



**FAMILY TIES:** Eubank Jr and Conor (top left to right), and their fathers Eubank Sr and Nigel (left to right)

know she does but that's just their mentality.'

Eubank Jr jokes that Smith has a look that tells him one thing: 'He is a bit afraid of me.'

'I'm scared of them all,' Smith says. Especially Emily.

'Ask all of them: she's the toughest... she scares the life out of me.' He will have to tread particularly carefully next week.

'If Conor lands a punch on the night, he can't get up and scream: "Yes, get him!"' Eubank Jr says. 'Because he's going to get a slap in the mouth.'

Senior is the man whom the Matchroom CEO will have to ask for Emily's hand in marriage.

Chris Eubank as father of the bride. Eddie Hearn as best man. Pity the groom speaking between them. That wedding would further cement the entangled family tree atop British boxing.

Barry Hearn was best man at Eubank Sr's wedding. Eddie Hearn promotes Conor Benn. Benn Jr is trained by Tony Sims, an old sparring partner of Nigel who knew Conor's mum before Nigel did, and is managed by Sims' son, Charlie.

'You can't compare me and Conor... to (promoter) Kalle (Sauerland) and Edde — they sign contracts all day. So it's not a tough sport for them,' Eubank Jr says.

'Growing up with money and everything you need, it doesn't put you in the right state of mind to fight for a living... which in actual fact means that what I have done, and what Conor is doing, is actually even more impressive.'

Soon, though, Eubank and Benn will discover, just as their fathers did, that lasting legacy is defined by what they do to each other.

**‘This will never be done again — because of the bad blood and the history’**

says. 'Emily would ask me questions that I also then couldn't answer... there were some moments on phone calls, especially with Conor, where I'd say things.' Then look round. 'And Emily would be there: "What was that?"'

As ever it was the deal's smaller print — whose name appears first, who walks second — that proved tricky. 'We're not difficult at all,' Eubank Jr insists. Simply put: I'm not a yes-man.

It's something of a family trait. 'Although I don't know Chris as well, I spend most of my time with Emily, so I know what goes through their minds,' says Smith.

'They're very tough-minded people... she'll probably have a go at me for saying it but I don't think she's told me she loves me more than twice in six years. I

engrossed a nation. Benn was boxing's snarling, brutal Dark Destroyer; Eubank's enigmatic eccentricity — the monocle, the cane, the posturing — was cultivated masterfully. Simply The Best villain. It was a captivating clash of styles.

Three decades on, Eubank Jr has inherited that role, mischievously teasing Benn. Weight is another common theme.

Before their fathers' first fight, Nigel Benn supposedly spent 45 minutes shadow-boxing in a steam room, wearing four layers, as he shed 6lbs in three hours.

At Birmingham's NEC, Eubank Sr captured Benn's WBO middleweight crown by TKO after nine rounds of relentless ferocity.

Three years later, the rematch — in front of 42,000 at Old Trafford — brought fewer fireworks. But the controversial draw left business unfinished.

Dividing lines have now become blurred. More appears to join Benn and Eubank Jr than divides them. But with both camps compromised, negotiations included a clause of silence. 'Knowing Frank is with my sister every night, there are certain things I couldn't say to her,' Eubank Jr reveals.

He need not have worried. 'She doesn't tell me anything,' Smith

**Benn v Eubank Jr**

Saturday, TV: Live on DAZN



Shaunagh Brown tried rescue services, athletics and diving before finding rugby

# England's fire fighter aims to light up World Cup

**HARD-HITTING:**  
England star Brown is a passionate voice on issues such as race and equality



SHAUNAGH BROWN has done more in her 32 years to date than most do in a lifetime.

This week, the England forward will add another achievement to what is already a remarkable CV when she represents her country at a World Cup.

It is something Brown never thought would be possible. As a mixed-race child from a single-parent family in Peckham in south London, rugby was not something that even crossed her mind growing up.

But this is a woman who has never let anything get in the way of what she wants. Brown's career to date has been just extraordinary. Her list of roles prior to becoming a professional rugby player reads: commercial diver, heating engineer, fire fighter, hammer thrower and boxer.

'I don't generally have a plan,' Brown said. 'I just go with the flow and what happens... happens!'

Brown is also a passionate voice on issues such as race and equality. When her team-mates have stayed silent, she has been one of the few Red Roses players willing to engage on the debate of transgender players in rugby.

'I do commercial appearances and go out to rugby clubs and schools to talk about my message.

By Alex Bywater



The main thing is female empowerment,' Brown said.

'I remind people they can do whatever they want, but sometimes to do it you have to make changes on your own. I'm a classic case of that in terms of all the sports I've played.'

Brown represented England in the hammer at the 2014 Commonwealth Games, but she fell out of love with the sport. Careers in commercial diving and fire fighting followed.

'A lot of my diving work was in the Thames - you literally couldn't see anything,' Brown said.

'I had heard stories of seals in the Thames and that they eat people! I thought I'd hear them coming, but I found out it was a guy just tapping the boat above.'

'It was not a glamorous job at all, you would come out filthy.'

'But if a diving job came up when I finish playing rugby, I would probably take it. The luxury of being paid to be a rugby player is that I don't have to go out and find work.'

Brown has certainly embraced

her latest calling. 'I didn't go to a rugby-playing school, so I wasn't given that exposure,' she said.

Rugby first came across her radar while training with Kent Fire and Rescue Service as a 25-year-old.

'When I first got called up by England I was on a training course with the fire service. I had to ask for a week off and a lot of people said they would never allow it to happen. A lot of people would have taken the first answer, which was, "No", but I'm not one of those.'

At the time, England's women players were still amateur. Brown made her England debut in 2017; two years later, Simon Middleton's squad were given professional contracts.

'I ticked the box of playing for England and now it's the World Cup. After that there is no plan,' she said.

Brown's England are firm favourites for World Cup glory as they look to extend their record run of 25 straight wins.

The Red Roses begin their campaign in New Zealand when they face Fiji on Saturday. It would take a huge shock for them not to win the tournament.

England also face France and South Africa in Pool C. Middleton's squad is the best and strongest in

## Red Roses' World Cup Pool C matches



Oct 8	v Fiji	4.45am	Auckland
Oct 15	v France	8am	Whangarei
Oct 23	v South Africa	5.45am	Auckland

Final - Nov 12, 6.30am - Eden Park, Auckland

All matches on ITV

terms of depth in the tournament. Hosts New Zealand, as well as France, are likely to be England's biggest rivals. Whatever happens, Brown will embrace the moment.

She is unlikely to be a part of the squad for the next World Cup, which will take place in England in 2025. Her time is now and Brown is not going to die wondering.

'In the moments in training when you feel like you've got nothing left and can't physically run any further, you have the thought that this is for the World Cup,' she said.

'My primary goal is to perform at the World Cup. If I do that, then the louder my voice becomes.'

Brown certainly is not afraid to

use her platform. In July, the RFU banned transgender women from competing in women's rugby. It was a controversial move.

'The most important thing with sport is it breaks down so many barriers. No matter what happens in the world, sport brings people together and I would never want to take that away from anybody at all. But there are issues around physicality and player safety.'

'It is so tough to include everyone, but at the same time I'd never want to take sport away from anyone.'

● Shaunagh Brown is an ambassador for Umbro. For more information, visit [umbro.co.uk/rugby](http://umbro.co.uk/rugby) or follow @umbro\_rugby on Instagram

## Chiefs stunned

### ROUND-UP

SALE director of rugby Alex Sanderson said he is 'growing in belief' after his side stuck to the game plan to beat Exeter.

The Sharks moved up to second in the Premiership with a 28-20 victory at the AJ Bell Stadium to maintain their perfect start to the season with a third win in as many matches.

Tries from hooker Akker van der Merwe, Ben Curry and Joe Carpenter inflicted Exeter's first defeat of the campaign. Sale relied on an effective kicking display to nullify Exeter's attacking threat and edge the contest.

The Chiefs never truly fired

despite scores from captain Luke Cowan-Dickie and Sam Mauger in what was a dogged statement win for Sharks.

Elsewhere, Declan Kidney saluted young guns Ben Loader and Ollie Hassell-Collins as the pair boosted their England chances with hat-tricks in London Irish's 47-38 victory over Bath.

The Exiles' return to winning ways piled on the misery for the visitors, who sit at the foot of the table having lost four matches.

Irish boss Kidney said: 'They finished well and showed plenty of good gas. The international situation is out of their hands but all they can do is play well and show what they can do for their club and see where it takes them.'

By Alex Miller

WORCESTER Warriors administrators have launched an investigation into the conduct of the club's owners and the sale of club assets.

The Mail on Sunday has learned Begbies Traynor are looking into the movement of club assets by Colin Goldring and Jason Whittingham into separate legal entities.

The move came as the firm bid to conclude a rapid sale of the club before the club's Premiership Rugby Cup game against Exeter Chiefs on 19 October.

Last week the MoS revealed how Goldring and Whittingham split a number of club assets into a complicated web of 12 separate companies.

While there was nothing illegal in

## Worcester owners probed over sales

the asset sales, the administrators will look carefully at whether the assets were sold for a fair value.

Sales include the club's Sixways car park, sold off for £50,000 in August - the day after the pair were hit by legal action over unpaid taxes.

The owners' property company also separated the stadium, training centre and players' car park from other land around the complex, which was mortgaged off to another company called Triangle Petroleum for £600,000, at an interest rate of 20 per cent.

Goldring has issued a statement rebutting the accusation that the club owners had been asset stripping.

The statement read: 'The accusation that we have been "asset stripping" is completely false.'

'Everything we have been doing since the Covid lockdown is to make the group more stable and to facilitate the development to make the club sustainable.'

It is understood Begbies Traynor have the power to investigate any sale struck by the owners over the last two years.



**Saracens** 51  
**Leicester** 18

By **Nik Simon**

RUGBY CORRESPONDENT

'BORING, boring Sarries!' shouted one member of the crowd, with a mouthful of irony, after Owen Farrell's side produced a masterclass in attacking rugby.

There is a new look in north London. A new stand and a new identity. The days of the one-dimensional box kick have been left behind for a new augmented reality.

This was unrecognisable to last season's final. Saracens were brimming with intent and ambition, racking up a record points haul against the reigning champions.

They ran the ball from deep in their own territory, with fizzing performances from Elliot Daly and Theo McFarland ensuring that revenge was served up with a side of champagne.

Leicester, in contrast, looked flat. They set out with a bash 'em and smash 'em game plan which ran out

# England reject Daly leads a masterclass

of steam after 20 minutes. They dominated the penalty count by 11 to two in the first half, but all they had to show was a try from James Cronin and eight points from the boot of Freddie Burns.

Saracens dominated the collisions, wrapping up Phil Cokanasiga in midfield and spotting Leicester's heavyweight ball carriers from a mile off.

Their young lock combination of Hugh Tizard and Callum Hunter-Hill flew out of the line to leave their shoulders imprinted on ribs.

Some of the hosts' tries were a work of art. Quick ball, sharp lines and deft hands. Intuition and dynamism in equal measure.

Alex Lewington finished an attack from his own 22 for the first, Ben Earl capitalised on quick ball for the second and Max Malins scored

a mesmeric third after interplay from the forwards. Daly thrived with his new licence to play, knitting together strike runners and setting up Ivan van Zyl for the bonus-point try before half-time.

Freddie Steward edged Leicester back in it with a second-half try but the visitors' lineout stalled. Despite the injury withdrawal of Jamie George, McFarland athletically dominated the set piece and provided the platform for Daly to score.

Saracens boss Mark McCall said of the England outcast: 'Elliot was fantastic. He's lost his international place for the first time in a long time.'

'It's not easy for someone like him who has always been there. You saw his response and reaction and he hasn't given up hope of going to

the World Cup.' Any hopes that Leicester's World Cup-winning recruit, Handre Pollard, would turn things around were shortlived. The playmaker lasted just 28 minutes of the game before withdrawing with injury.

Tigers coach Steve Borthwick, still adapting to life without Ellis Genge and George Ford, admitted his side have work to do, saying: 'We had players playing their first games of the season and when you have that you have a bit of rust.'

'We played some good rugby and some pretty clunky rugby. We are going to have to work through this period as we develop our cohesiveness.'

'Saracens are a team packed full of power and pace. There is a lot less power in the English game; it is very expensive and tends to



**ACCLAIM:** Elliot Daly is mobbed by team-mates after his second-half try

go elsewhere. They have got superstars throughout their squad and superstars who aren't in their team or not been able to make the 23.'

Farrell edged his side further ahead with a penalty. Leicester's discipline crumbled, with Tigers coach Brett Deacon throwing a water bottle across his technical zone in frustration.

Sean Maitland took the scoreline past the half-century when he swooped on a loose ball in the final play, leaving the home crowd thoroughly entertained.

**EXCLUSIVE INTERVIEW**

By **Nik Simon**

RUGBY CORRESPONDENT



AS the news of Worcester's administration broke on Monday evening, the great and the good of French rugby were gathering in Paris for a glamorous red-carpet awards night. They booked out the iconic Olympia theatre, which has hosted The Beatles and The Rolling Stones, and the cameras rolled to broadcast the event on free-to-air TV. For the afterparty, they moved on to a converted bank, where there were celebrity chefs, caviar stations and Champagne bars. No expense was spared. The contrast with the image of the Sixways gates being bolted up was stark.

'French rugby is in a very healthy situation,' said Brive's English president Simon Gillham. The man from Letchworth Garden City recently secured major investment from English billionaire Ian Osborne, as club rugby across The Channel continues to steal a march on its rivals.

'Ian Osborne's thinking was that he wanted to invest in French rugby and not English rugby because he found it's a much healthier place to be,' said Gillham. 'He's investing a lot in France at the moment. It was July 2021 when he started showing an interest and it took us a year to get the deal through. He looked at French rugby and thought, "Wow, this is very solid". He went to St Paul's and London School of Economics, so he could easily have gone to an English club.'

At the awards ceremony, where England's Zach Mercer was named player of the season, the French club owners sat side by side sharing ideas. There are 30 clubs united under the Ligue Nationale de Rugby banner. They are spread across the Top 14 and ProD2 competitions, with promotion and relegation between the two, while Premiership Rugby is made up of a 12-club closed shop. 'The 30 clubs work as

# Why is an English billionaire buying into French rugby?

## Premiership's crisis is blamed on weak rules and ring-fencing

a unit,' said Gillham. 'Sometimes the decision making is heavy and takes a lot of time, but it's voted as a 30. That's one of the big reasons French club rugby is successful. We love sitting around the table and arguing and talking. It's painful at times but it's good. We all respect each other.'

'Promotion and relegation is very healthy. Coming from someone at

Brive, that's like a turkey voting for Christmas because we are candidates for relegation every year. Bayonne have just come up and they've beaten Bordeaux and Racing this season. That's brilliant, isn't it? If there was ring-fencing they wouldn't have come up and they would have had no incentive to build up their stadium.'

'Why didn't the Premiership let

Ealing Trailfinders come up? It looks to me like the second division in England is a semi-pro league.'

'England shouldn't have 10 clubs, they should have 20 clubs in two leagues. When you don't renew something then it becomes stale and it starts to shrink. That's what it looks like at the moment.'

France's TV deal with Canal Plus, worth about £100million a year, is shared between all 30 clubs, encouraging growth. First and second division games are both broadcast live, while stadium ticket sales are in good health. Last night, La Rochelle sold out their 70th consecutive home game in the Top14, a record dating back to January 2016.

But while English rugby is being brought down by asset stripping and unpaid bonds, Gillham believes the levels of financial scrutiny in France is key to their success.

'The most important thing, and maybe the least sexy thing, is the financial discipline,' he said. 'It's incredible comparing it to the things I read about England. There

are strict financial controls in place at every club here and we have total transparency with the gendarmes; the audit police of the league. You can't start a season if you don't have your budget in place. You can't pretend you've got money that you don't have because you get found out. If you say you've got a contract coming in in a month's time, they expect proof.'

'If one team pulls out that's not good enough. That's a failure for the whole league. We all hate going through the process, like you hate getting a speeding fine, but we all know it's necessary. We have to run around like idiots in May and June to get all our contracts in, our sponsors and our ticketing or they don't release the players' licences in July. If you say "Hello, we're signing Beauden Barrett next week", they will ask you to prove you've got the finances.'

'Any new investor has to prove to the auditors they have the finances. In some cases they ask for a banker's guarantee so they have to have the money blocked. When Mohamed Altrad or Jacky Lorenzetti came in, suddenly their salary bills went whoosh because of all these big signings. If the revenues don't cover the salary bill then you have to put a banker's guarantee to cover those salaries. In France, there's no way you could see a club going under in the middle of the season.'

## How our game compares...

**£100m** France rugby has struck up a £100m-a-year TV deal with Canal+, with a percentage of the income distributed among the 16 clubs in the second division. The Premiership's deal with BT Sport is worth £35m annually.

**3** Players in the Top14 who earned more than £1m last season, headed by Handre Pollard, now of Leicester where he earns around £600,000. No Premiership player earns £1m or more.

**£10m** French league rugby chiefs have set a salary cap of £10m, twice as high as each Premiership club is allowed.

**3.2m** Viewers for last season's cup final between Castres and Montpellier, two million more than for the Premiership final.



# Bruce vows to fight on after late kick in teeth

STEVE BRUCE admitted his West Brom side have not been good enough but vowed to carry on after angry supporters rounded on him during Swansea's win at The Hawthorns.

Chants of 'You're getting sacked in the morning' rang out at both ends of the ground after substitute Michael Obafemi scored in the 89th minute.

That came after Karlan Grant had missed a late penalty for West Brom, making it back-to-back victories for Russell Martin's side.

West Brom have won just once in the Championship this season — and not for six games. Albion have conceded first in eight of their 11

<b>West Brom</b> Livermore 48, Diangana 65	<b>2</b>
<b>Swansea</b> Sorinola 6, Ntcham 71, Obafemi 89	<b>3</b>

By Derek Hunter

I look around me and see managers gone we all understand the game. But I've not given up yet.'

Bruce, whose side are 21st in the table, admitted things could have been so different after Albion led 2-1 in the 65th minute.

'Had we scored the penalty, the game was ours but that's where we are at the minute,' he added.

As for the fans' reaction to him, Bruce said: 'I can understand their frustration since I walked through the door. They've been great towards me, but you can feel a frustration because of results.'

'Apart from the first 10 games of last season, they've not seen enough wins in two years.'

'I get it — they want to see their team win and we've good enough players to win matches, but we're not doing that.'

Swansea led in the sixth minute after Albion goalkeeper David Button missed Ryan Manning's corner to allow Matt Sorinola to chest the ball into an empty net.

Jake Livermore levelled after 48 minutes, side-footing home from 10 yards after his header from John Swift's corner went to Tom Rogic, who was dispossessed.



**SWEET FINISH:** Obafemi scores the winner to pile the pressure on boss Bruce

Grady Diangana put West Brom ahead in the 65th minute with an angled low drive through Nathan Wood's legs and beyond Benda after Wallace squared.

Swansea equalised six minutes later. Substitute Oliver Ntcham skipped inside Diangana before rolling a low left-footed shot in off a post.

Sub Grant's 81st-minute penalty was saved by goalkeeper Steven Benda's legs after the striker had been shoved by Armstrong Oko-Flex. And Swansea won it

when Obafemi turned smartly past his man onto Ntcham's pass to side-foot past Button.

Martin praised his players. He said: 'I'm so proud of them — the character, the willingness to run for each other, and the trust they showed in each other at times to come back from going behind in the second half.'

'A bit of anxiety crept in after we started the game so well.'

'Steven had a big moment with the penalty save, and the subs were incredible when they came on.'

## Deeney's back to his best

<b>Sheffield United</b> McBurnie 64	<b>1</b>
<b>Birmingham</b> Deeney 70	<b>1</b>

By Ross Heppenstall

TROY DEENEY'S first goal of the season earned Birmingham a point and the plaudits as Sheffield United's promotion bandwagon was halted.

Blues skipper Deeney, 34, rifled home a clinical 70th-minute equaliser after Oli McBurnie's fifth goal in six games had put the Championship leaders ahead.

It was boyhood Birmingham fan Deeney's first strike in 11 games this term and boss John Eustace beamed: 'Troy Deeney was outstanding and that was the Troy Deeney I used to play with at Watford. Hopefully that can kickstart him now.'

Blades boss Paul Heckingbottom said: 'I can't be critical because we're 10 games unbeaten.'

■ **HULL CITY** want former Sheffield Wednesday and Swansea manager Carlos Carvalhal to replace Shota Arvaladze, who was sacked on Friday. Tigers owner Acun Ilkcali, whose team sit 20th, knows Carvalhal wants a return to England from his current club in the UAE, Al-Wahda.

Championship games this season, six of which have been in the first 15 minutes.

Asked if he had been given any assurances about his job, manager Bruce said: 'No, I don't expect reassurances. I will get on with the job. We need to turn it around and I'm convinced we will.'

'Things are tough. We're nowhere near what is acceptable. And when

## Smith expects more as Norwich flex muscles

DEAN SMITH insists there is even more to come from his Norwich side after they beat Blackpool for a seventh win in eight games.

Teemu Pukki's clinical first-half finish was enough for the visitors to secure victory at Bloomfield Road. Smith's side have started superbly in their bid for a third successive Championship promotion but the boss believes they can still improve.

'It keeps our unbeaten run going, it's another clean sheet and the momentum and the belief is still

<b>Blackpool</b>	<b>0</b>
<b>Norwich</b> Pukki 21	<b>1</b>

there,' he said. 'We're facing a big challenge in the Championship this season, but I think we are seeing the players standing up to it.'

Stuttering Blackpool slid to a worrying fourth defeat in five matches, and manager Michael Appleton said: 'It's frustrating. We've got to continue to compete.'

<b>Rotherham</b>	<b>0</b>
<b>Wigan</b> Keane 12, Naylor 84	<b>2</b>

LEAM RICHARDSON praised his Wigan team for rising to the challenges at managerless Rotherham.

Will Keane and Tom Naylor scored, and boss Richardson said: 'The credit goes to the players — it was a good week.'

It was a poor first outing for caretakers Richard Wood and Lee Peltier, with Wood saying: 'We did not start well. We were like rabbits in headlights.'

Rotherham hope Exeter boss Matt Taylor will become their new manager this week.

<b>Cardiff</b> Robinson 90	<b>1</b>
<b>Burnley</b> Tella 48	<b>1</b>

MARK HUDSON'S first game as interim manager of Cardiff ended in a draw, as Callum Robinson's late header denied Burnley victory.

'I really enjoyed it,' Hudson said. 'You saw fight and togetherness against the best team in the league. To a man, subs coming on, everyone was together.'

Nathan Tella had given Vincent Kompany's side the lead and the manager said: 'If you reflect honestly, we have had better performances this season.'

'We've made it difficult for ourselves, it was always going to be a game with an unpredictable narrative. It was a challenge.'

<b>Bristol City</b> Wells 61	<b>1</b>
<b>QPR</b> Johansen 19, Roberts 22	<b>2</b>

RANGERS boss Mick Beale praised his goalkeeper Seny Dieng for a vital early save from Zak Vyner's header after his side ran out narrow winners.

'It was a very big save because Bristol City started the game on fire, with great intensity,' Beale said.

Stefan Johansen fired the visitors in front before Tyler Roberts netted with a volley.

Nahki Wells's strike against his former club was not enough to earn City a point.

<b>Coventry</b> Gyokeres 17	<b>1</b>
<b>Middlesbrough</b>	<b>0</b>

MARK ROBINS heaped praise on his matchwinner Viktor Gyokeres after the Swedish striker earned Coventry's first win of the season.

'I think that's as good a performance as he's put in,' said boss Robins.

Chris Wilder was left scratching his head as his Boro dropped into the bottom three. 'It's small details,' he said.

<b>Blackburn</b> Dolan 57, Brereton 63	<b>2</b>
<b>Millwall</b> Cooper 75	<b>1</b>

JON DAHL TOMASSON was delighted with his Blackburn side's bravery as they survived a late Millwall onslaught.

'It was a big fight and we controlled the fight,' he said.

'Dealing with those challenges, they are very good in the duels.'

After a first half lacking quality, Blackburn burst into a deserved two-goal lead through Tyrhys Dolan and Ben Brereton.

Millwall scored with their only shot, thanks to Jake Cooper.

<b>Reading</b> McIntyre 29, Nicholls 36 og, Meite 61	<b>3</b>
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READING manager Paul Ince praised the effect of former England striker Andy Carroll on his 'Second Coming' at the club.

Carroll started his first game since re-signing last month and played a leading role in the comfortable win. Reading led 2-0 at the break, through a Tom McIntyre header and a Lee Nicholls own goal, and extended their lead with a Yakou Meite tap-in.

Defender Tom Lees nodded home in the fourth minute of stoppage time but it was a mere consolation for Huddersfield.

'It was Andy's first proper game back for us and it's good to get him back on the pitch,' said Ince. 'It typifies what he's like. He just wants to be on the park, he just wants to play football. He's a great pro.'

Mark Fotheringham, Huddersfield's new head coach, suffered defeat in his first game in charge. 'It was a tough welcome to the Championship,' he said. 'And it was a typical Championship game.'

<b>Huddersfield</b> Lees 90+4	<b>1</b>
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<b>Sunderland</b>	<b>0</b>
<b>Preston</b>	<b>0</b>

RYAN LOWE was frustrated that his Preston side could not break down Sunderland at the Stadium of Light. 'I said to the group we need to keep believing, keep doing the right things,' said the manager.

'Pleased with the performance, nearly the perfect away performance if we'd got three points.'

Sunderland manager Tony Mowbray said: 'We will find a way to score goals, we will find a way to win games. Every team goes through a spell, that's one game.'



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## Southgate deserves better than to get booed by his fans. England have never had it this good

**L**IKE the LIV golfers, who are as rich as Croesus and spend most of their time complaining and launching lawsuits, pity the poor England men's football fans who have never had it so good in major tournaments but lament their fates as if they had been banished to the bleak and forgotten hinterlands of international football.

Pity them for what Gareth Southgate has been putting them through. Pity them for having to watch as England get to the semi-finals and finals of major tournaments rather than the second rounds and quarter-finals that had been the country's staple for more than two decades. It is a good job we do not get close to success very often, because when we taste it, we spit it in the manager's face.

Southgate was booed, again, after the defeat by Italy in Milan 10 days ago and he would have got another salvo were it not for his side's thrilling comeback in the 3-3 draw against Germany at Wembley on Monday that marked England's farewell before the World Cup. He, and the team, deserve better.

England are weeks away now from departing for Qatar but we live in a land of angrily enthusiastic revisionism where getting to the last four in Russia in 2018, with a young side largely shorn of superstars, has been recast as a fluke that was achieved, not because of England's excellence but because of the mediocrity of others.

How bleak it is that some are prepared to reshape a memory because they have come to dislike the principles a manager stands for. It is the same with Euro 2020 England got to their first major final since 1966 but that, too, is now projected as an abject failure because the team fell at the final hurdle to those well-known football upstarts, Italy.

England did not beat anyone of note at that tournament, either. That is what we are told now. Croatia? Well, they weren't the same team that got to the World Cup final three years earlier, were they? Germany? Yeah, well, it was the worst Germany team there's ever been. Denmark? Come on, we

always beat Denmark and they didn't even have Christian Eriksen by that stage of the Euros.

People deny all sorts of things in this world: there are climate-change deniers, flat-earthers, smoking-as-a-cause-of-cancer deniers, wartime atrocity deniers, pandemic deniers. Usually, people want to deny bad things because denial is easier than being afraid or confused.

What is peculiar about the England men's football narrative is that we seem to want to deny something rare that happened to our football team that was actually

good. The England team had some success in 2018 and 2021. It made us happy and united for a while. The team did better than it had done before. But now a lot of people want us to believe that it never happened. In another first for the England men's football team, we have created success-deniers.

Imagine having the first manager for two generations to get England playing like more than the sum of their parts, imagine having the first manager to somehow smooth over the club cliques and make joining up with the national team fun again, imagine having a manager who

finally gets close to winning a tournament again. And imagine hating him for it.

While we're at it, imagine having a centre-half who was one of the mainstays of the runs at those two tournaments and then imagine booing his name when it's read out before kick-off because he's going through a bad spell with his club.

And then imagine being surprised when he plays like a cat on hot bricks against Germany last Monday and makes some mistakes. Maybe he will play better if his own fans didn't slaughter him. And so for the first time since the happy

hiatus of harmony that caught us all unawares in 2018, the England men's football team will travel to a major tournament in a few weeks time, having reverted to the norm: led by a manager under pressure, knowing fans are waiting, in some cases hoping, for him to fail.

The danger with that kind of atmosphere, of course, is that it becomes a self-fulfilling prophecy. The players play with pressure again because of the antipathy towards them. The shirt hangs heavy again.

There are legitimate football reasons to criticise Southgate. His team selections sometimes appear cautious and there are many, myself included, who find it hard to accept that, whatever his defensive limitations, England cannot find a way of including in the first XI a player as talented as Trent Alexander-Arnold, who has been marginalised by the manager.

**O**THERS say that Southgate can be slow to react to in-game developments and that he has, on occasion, been out-manoeuvred by rival managers. Then again, a tactical powerhouse like Fabio Capello had better players than Southgate and couldn't get England beyond the second round at the 2010 World Cup. Managing the England team is about a whole collection of attributes, not just one.

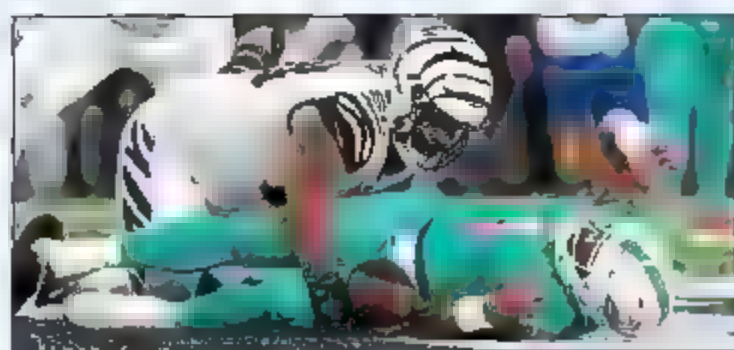
There is no point pretending England are in good form. But neither should we overestimate the importance of the glorified friendlies that are the Nations League fixtures. There are reasons for optimism, too, most notably the maturing of the impressive Jude Bellingham and the return to club form of Marcus Rashford.

It is the right of the fans to boo and jeer the man who turned England into a force in international football again. For the rest of us, it is our right to remember tournaments like the 2010 World Cup (Algeria in Cape Town anyone?) and the 2014 World Cup (knocked out in seven days) and think that, after the changes he has wrought, Southgate deserves better than to be booed by his own fans as he leads England to Qatar.

■ **LAST** weekend, the Miami Dolphins quarterback Tua Tagovailoa was shoved to the ground during his team's defeat by the Buffalo Bills, his head bouncing hard off the ground as he fell.

Tagovailoa got up unsteadily, tried to run back towards the action and then stumbled again. The Dolphins assessed him, brought him back into the game and readied him to play against the Cincinnati Bengals on Thursday night.

'If Tua takes the field tonight,' wrote neuroscientist Chris Nowinski a couple of hours before the match, 'it's a massive step back for concussion care in the NFL. If he has a 2nd concussion that destroys his season or career, everyone involved will be sued & should lose their



**DISASTER:** Dolphins' Tagovailoa on the ground

jobs, coaches included. We all saw it. Even they must know this isn't right.' Tagovailoa duly played against the Bengals. In the second quarter, his head

was slammed into the ground on a sack. He appeared to have some sort of seizure as he lay on the turf and was carried away on a stretcher.

'This is a disaster,' Nowinski wrote. 'Pray for Tua. Fire the medical staffs and coaches. I predicted this and I hate that I am right. Two concussions in five days can kill someone. This can end careers. How are we so stupid in 2022?'

It's a good question but sadly it is one that sport seems little closer to answering. The night before, England women's football star Beth Mead

suffered a head injury during Arsenal's Champions League game at Ajax but Arsenal could not bring on a concussion substitute because they had used all their regulation subs and UEFA's rules do not allow it.

Arsenal, at least, had the decency and the humanity to keep Mead off the pitch. Despite so much more knowledge about the damage brain injury can cause, players like Tagovailoa are still being fed to the wolves and the impression is allowed to persist that, in sport, money still counts more than health.

## Sport still values money over health





By **JAN AGE FJORTOFT**

FORMER NORWAY STRIKER,  
BROADCASTER AND HAALAND EXPERT

**T**HERE were some very lazy pundits around before Erling Haaland moved to England and again after Liverpool beat Manchester City in the Community Shield. Haaland wasn't at his best that day but, as I said at the time, if he plays badly and still has three good chances to score, imagine what he could be like?

These were some of the takes before the season started:

■ Haaland will fail like Zlatan Ibrahimovic did at Barcelona because Pep Guardiola can't play with a big man up front;

■ Haaland won't fit into Guardiola's team because he's a counter-attacking striker;

■ Haaland won't score in the Premier League; he's only been good in the 'Farmers League', the Bundesliga.

Let's deal with them one at a time. The Ibrahimovic take is perhaps because they're both Scandinavian, play at No9 and have been signed by Pep. But that's a superficial comparison. Their games are not similar and their personalities very different.

Who knows why Pep couldn't get along with Ibrahimovic? It probably had something to do with accommodating Lionel Messi in the team. And even Ibrahimovic can't compete with that. But it was never going to be an issue with Haaland. His team had picked out Pep and City after an exhaustive process.

I filmed a documentary with Erling a few weeks ago and it details the process he and his advisers went through to pick a team, compiling pros and cons and assessing their relative strengths. His dad, Alfie, was key but they were also able to talk through options with his agent Mino Raiola, before he passed away, and he supported their decisions.

They went into detail about the coach, the trajectory of the club, the squad that was there, the opportunity for improvement, the chance to win trophies. Real Madrid was an option but they have Karim Benzema and Kylian Mbappe looked like he was on his way there. City, by contrast, had a vacancy. In terms of the sporting project, the coach, the challenge, the emotional pull of his dad's team, they came to a rational, well-thought out decision. They knew how he could fit in there.

**A**ND Pep had picked him out. Or rather he picked out a centre-forward. At Barcelona Pep had Messi as false No9 alongside David Villa and Pedro, three diminutive forwards. But Pep always wants to be ahead of the curve and I think he's known for a couple of years that traditional centre-forwards are back. That's why they moved for Harry Kane last summer.

City knew what they were signing and Erling knew the role he would be filling. If you think he is a counter-attacking striker, you haven't been watching him in the Bundesliga. Of course, he can score that way and Borussia Dortmund play on the break more than City. But his goalscoring is much more about the timing of his runs and the small movements he makes.

Look at his goal this season against Aston Villa. Well, it's just a tap-in from close range. But how come he is there alone when every Villa defender is trying to stop him? It's all about the little movement in the split-second before Kevin De Bruyne crosses the ball. It's just enough

to throw Ezri Konsa off balance and allow him to run into space. Gary Lineker would love that goal. So would have Gerd Muller.

With that movement and instinct, and with even better service around him than at Dortmund — when you have De Bruyne, Bernardo Silva, Phil Foden, Joao Cancelo — how was he NOT going to score goals?

He can do the seemingly simple but he also does the spectacular, like the Johan Cruyff goal, flying through the air like a karate black

belt to score against Dortmund. Everyone will focus on the athleticism but look at the short, sharp movement behind Nico Schlotterbeck to get him in that position.

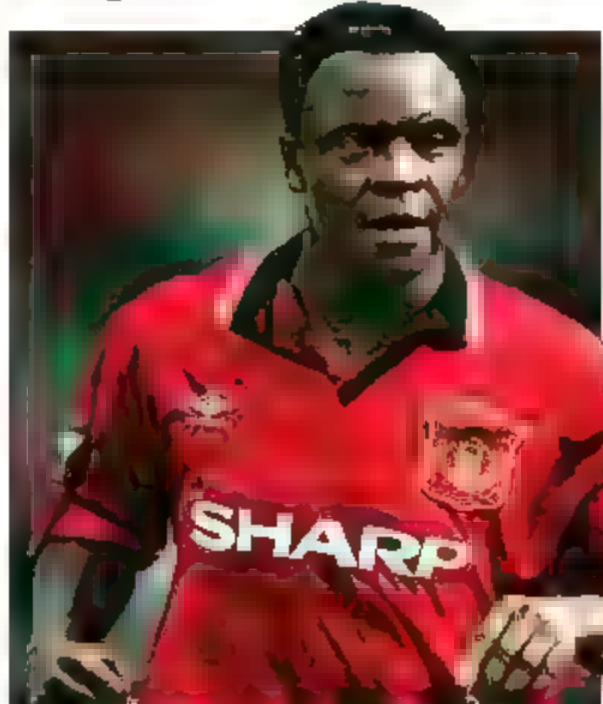
Then there is the goal against Wolves — probably the only 'counter-attack' goal he has scored. And, yes, it's a scruffy shot. He doesn't hit it cleanly. But there are two movements to look for. One is the movement of the hips to throw the defender off balance to create the space, just before he shoots. Then,

as the space opens up, he has another movement and a shift of the eyes to the far post which means the goalkeeper is now on the wrong foot, as he thinks Haaland is shooting there.

Of course, he shoots instead to the near post. It makes the goalkeeper look bad but it's all about Erling and his movement.

Let's deal with the Farmers League accusation. It's disrespectful of the Bundesliga to suggest it was easy to score there. I note that

**INSTANT HIT:** Haaland strikes fear into Premier League defenders



**LITTLE DEVIL:** Legend Parker says being short is no obstacle to success

## Martinez height is not an

By **James Sharpe**

**AS THE** old saying goes, it's not the size of the dog in the fight that matters, it's the size of the fight in the dog. That gets trickier when the other dog is Erling Haaland. Six-foot-four, nearly 14 stone, scores nearly every chance he gets. Bounding on the unstoppable.

Trying to stop him this afternoon is Manchester United centre-back Lisandro Martinez, seven inches shorter and more than a stone and a half lighter. For Paul

Parker, the diminutive defender who won two Premier League titles with United, it's wrong to write off Martinez because of his height.

'It's nonsense,' Parker says. 'It's a British myth. Think about some of the great centre-backs. Franco Baresi, Fabio Cannavaro.'

'They weren't the tallest. Cannavaro lifted the World Cup with Italy and won the Ballon d'Or.

No one is talking about Martinez's ability. There's a reason why he's come through a very good football education at Ajax and plays for Argentina.

'One of Argentina's greatest captains, Daniel Passarella, led them to the World Cup in 1978. He wasn't the biggest, but he was a world-class centre-half.'

'If you have to be 6ft 6in to play centre-half, there's a problem. Some of the big centre-halves turn like the QE2 and lots of them end up like the Titanic.'



# the talent to go down in history

## IT'S LIKE DAVID v CITY'S GOLIATH...

ON paper, Erling Haaland against Manchester United centre-back Lisandro Martinez is a complete mismatch. The Man City striker is seven inches taller and more than a stone and a half heavier.

**8** HEADERS at goal by Haaland in the Premier League this season, only Aleksandar Mitrovic (12) has attempted more. Only Harry Kane (4) has scored more headed goals this season than Haaland's two.

**■** DESPITE his height, Martinez has held his own in the air since his arrival in England, whereas Haaland has often come off second best.

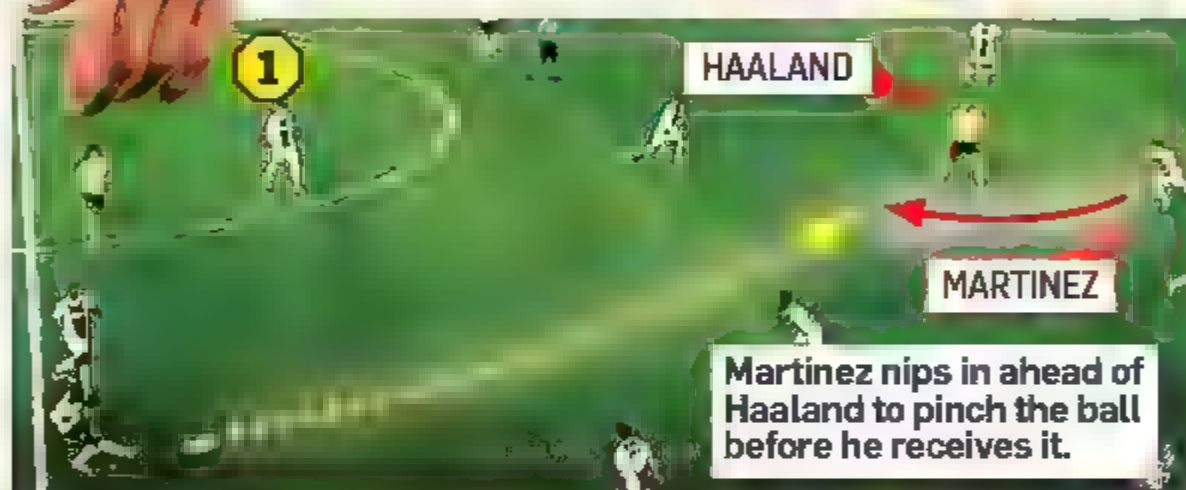
**11** HEADED clearances by Martinez this season, as many as 6ft 4in Virgil van Dijk.

**22%** HAALAND has won 22 per cent of aerial duels this season, Martinez has won 63 per cent.

### HOW THEY COMPARE

Haaland		Martinez
22	Age	24
6ft 4in	Height	5ft 9in
13st 12lb	Weight	12st 2lb

**■** MARTINEZ has got the better of Haaland before, using his pace and anticipation during Ajax's 4-0 win over Haaland's Dortmund in the Champions League last season.



a Bundesliga team won the Europa League, knocking out the Premier League's representative on the way. So less of the Farmers League.

Anyway, every level Erling goes up, he just steps up. His first Champions League game? A hat-trick for RB Salzburg. Before this season Erling had 23 goals in 19 Champions League games. Are we saying the Champions League is a Farmers League?

Today is his first Manchester derby and his dad has painful

memories of this game, after the Roy Keane tackle. But it is a sign of how far City have come and how far they are in front of United that Haaland will be lining up for his dad's old team.

Erik ten Hag has United set up to achieve results and he's getting his rewards. This will be a genuine test for City. But when Erling was choosing clubs United didn't score

## issue, says Parker

At just 5ft 7in, Parker forged a strong reputation at Fulham, QPR and United before being key player for England at the World Cup in 1990.

'When I used to go up against the likes of Ian Rush, you'd have to make sure you were certain you could nick in ahead of him and get the ball. If not, you'd play the percentage and give yourself the extra yard.

'If he wants to run in behind, make contact, get your body in front of his line. There weren't many times

that I got caught out and people could say I was too small.'

When they met last season, Martinez's Ajax beat Haaland's Borussia Dortmund 4-0 in the Champions League. Haaland hardly had a sniff.

'When you're the size Martinez is, playing against Haaland, you have to play with guile,' said Parker. 'He'll look to see if he can nick the ball off his first touch.

'Martinez thrived in Holland, the tallest nation in the world. His height wasn't a problem then.'



told me how many City players were contacting him to persuade him to sign. The whole package at City was set up to attract the best players. United have the history, but they can't match the pull of Pep's City right now.

One last note. His goalscoring is phenomenal. At this rate, he would break Alan Shearer's record of 260 Premier League goals in under five seasons. At Dortmund they called him Die Maschine, but he is just a 22-year-old human being susceptible to the same injuries and setbacks as everyone else. Nothing is inevitable in sport.

That said, I know one person who has his eyes on the record. In my documentary I asked Erling about all these records. He insisted they weren't even in his mind.

'I normally don't even know I've broken a record until someone tells me after the game,' he said. It seems he just lives in the present. But then he added a question of his own. 'What is the Shearer record? Is it 260 goals?'

# Sancho's our secret agent, says Ten Hag

By Joe Bernstein

JADON SANCHO could be Erik ten Hag's secret weapon to stop Erling Haaland as Manchester United travel to the Etihad buoyed by success on the international stage.

Ten Hag has promised he's done his own homework on Haaland who turned down a move to Old Trafford to join City in the summer and has scored 14 goals in 10 matches for his new club.

But the United boss acknowledges he's approached Sancho for extra marginal gains aware that the winger spent 18 months with Haaland at Dortmund with the pair scoring 81 goals between them (Haaland 58, Sancho 23).

'It's our job as staff to look at someone like Haaland in advance. If an individual makes a huge contribution, we need to analyse them,' said the Premier League's newly-crowned manager of the month.

'But of course you talk with your players as well. When someone has played in the past with a particular opponent, like Sancho and Haaland, you ask him.'

Asked if he was disappointed Haaland didn't consider a move to Old Trafford and whether it reflected the best players in the world don't want to join United, Ten Hag retorted: 'We have them already in.

'We have players who have potential to be the best, and some are already there.

'We have a world champion (Raphael Varane) and players with the biggest titles (Casemiro, Cristiano Ronaldo) so you can say they are the best in the world.

'In the window, I was in contact

with a lot of players and you felt Man United was a really attractive club for them. So I am not concerned about the point about Haaland.' Despite the troubles of club captain Harry Maguire with England last week, the majority of United players impressed for their countries during the break.

'We followed all the players and almost all did well,' Ten Hag said. 'Diogo (Dalot) scored twice for Portugal, Bruno Fernandes scored and had two strong games Casemiro played really well and Fred did his job for Brazil.

'Luke Shaw definitely played really strong for England against Germany.' Ten Hag worked as part



of Pep Guardiola's staff at Bayern Munich before he went on to make his own name as a number one with Ajax.

'Of course I know him but we worked together eight years ago and as a manager, one of the main things is you always have to develop. That's what he has done and hope I did too,' said Ten Hag.

Maguire misses out today with injury but Marcus Rashford and Sancho could start after being left out of the latest England squad.

## Pep: City can still rule after I've gone

By Joe Bernstein

PEP GUARDIOLA has lost a few battles against Manchester United with home defeats against teams managed by Louis van Gaal, Jose Mourinho and Ole Gunnar Solskjaer but Manchester City always seem to still win the war.

The reigning champions are expected to dominate today's Manchester derby and consolidate their chase for a third Premier League title in a row.

Guardiola hasn't finished below United since he arrived in 2016 and the gap between the clubs grew to a massive 35 points last season, prompting the appointment of Erik ten Hag at Old Trafford.

The big question is whether City's success can continue beyond Guardiola, whose contract runs out at the end of this season without any clear indication about his long-term future one way or the other.

United collapsed after their serial trophy winner Sir Alex Ferguson retired in 2013 but Guardiola has no fears City will suffer a repeat when he leaves.

Asked about his vision of a post-Pep Manchester City, the 51-year-

old could not have been more affirmative. 'There will be zero problems. I am 100 per cent convinced about that. The club knows exactly what is the target and the next step,' said the Spaniard.

'They know the strategy. They know what they have to do right now, after the World Cup, next season and the following seasons.'

Whereas Ferguson dominated every part of Old Trafford when he reigned supreme for 27 years, leaving a huge vacuum when he departed, Guardiola insists that it's different at his club.

'I never buy the players. I never sell the players. It is not my money. It is the club,' he argues. 'The club are the most important words and every decision we make is because we are thinking about the club and the day after tomorrow, and for the next years and the future.

'What's important is you believe the way you do things will give you trophies and titles. The club knows exactly what they have to do.'



**S**OME moments make you feel old. Sitting down with Leeds midfielder Adam Forshaw, he revealed that, as a lifelong Liverpool fan, he used to go to Anfield as a kid and see me play.

'I was also at the team hotel before the 2001 FA Cup final against Arsenal,' he says. 'You were standing at your balcony and I shouted up "Murphy!". My dad gave me a look and said "His name is Danny." I was nine and obsessed with that team, Michael Owen, Sami Hyypia, you, Stevie [Gerrard] and Jamie Carragher.'

He laughed when I provided some extra information to bring the story full circle. When I was on that balcony, my room-mate was Steven Gerrard, the opposition manager today when Aston Villa visit Elland Road.

Like me, Forshaw gained experience in the lower leagues before establishing himself in the top flight. He started at Everton close to home but left to play first-team football and build a reputation at Brentford, Wigan and Middlesbrough, where he first played in the Premier League.

At the start of 2018, he moved to Leeds. It was not an auspicious start — their manager Thomas Christiansen was sacked two matches after he arrived — but the club have since been revolutionised, first by Marcelo Bielsa and then Jesse Marsch.

In the final weeks of last season's great escape from relegation, Forshaw played a key part with his leadership and tenacity in the middle of the park, though an ankle injury rules him out today.

'I was going stale at Middlesbrough. Neil Warnock wanted me at Cardiff but once Leeds came in, I looked at the potential and had to do it even though they were in the Championship,' he says.

'Bielsa was the first big change. There was nothing softly softly about him. Straight away, the rules, standards and environment became elite. We

**Jesse ripped into Illan... but five minutes later he says, I still love you**

had the respect to run for him. A one-kilometre track was installed around the pitches. The culture changed from "go to the gym if you like" to two or three sessions a day. It was a shock but I loved it. We needed it to become a Premier League team.'

Bielsa is still revered by Leeds fans for winning promotion but, on a practical level, the club needed a reboot in the middle of last season to stop leaking goals and survive.

Marsch arrived with an ethos established by managing Red Bull clubs in New York, Salzburg and Leipzig. Even so, there were sceptics who doubted an American could adapt to English football.

Having stayed up on the final day, Leeds have sold Raphinha and Kalvin Phillips and brought in young signings including US internationals Brenden Aaronson and Tyler Adams and Colombian Luis Sinisterra.

'It was hard for Jesse to transition us in the middle of a dogfight. Six weeks of pre-season was the biggest

A big-hearted manager with a volatile streak, tour bonding ... and interior decorating, it's the

# Secrets of Leeds' AMERICAN REVOLUTION

**BARING TEETH:** Marsch is not afraid to deliver a dressing down



period to get us restructured but we still run a lot, that is in the lads' DNA,' says Forshaw.

'As a character, he is very personable. You walk past his office, the door is literally open. There are bits of different terminology, full-backs are outside-backs and you hear him mention red zones [between the lines]. But you quickly pick up on it.

'He's nice but can switch if he needs to. After one game, a couple of substitutes grumbled about doing pitch runs and he's made it clear "That is your f\*\*\*ing job".

'We were doing phase play in training and [goalkeeper] Illan Meslier gave a slow pass out, a

sloppy one. Jesse ordered him to do it again, which the lads weren't expecting. Illan gave another slow one and Jesse has ripped into him. Five minutes later, the gaffer is laughing, saying "I still love you". It was a different side from the manager that the lads respect.'

Gerard Houllier changed the discipline at Liverpool like a sledgehammer but was still interested in players as people. At Fulham, Mark Hughes came in and insisted we wore club suits, home and away. Managers all have different strategies.

Tactically, I have also noticed a change in Leeds. Raphinha was a wide player. Without him, Marsch almost plays with three No 10s — narrow. It will be up to the full-backs to provide width.

Forshaw explains why the transformation has gone more smoothly than some expected. 'It was good to make signings early in the window and Brenden, Tyler and

Rasmus [Kristensen] had played for Jesse before. They know the system.

'The Americans have settled in well. Tyler is robust, gets about the pitch, makes tackles. Bielsa had also wanted to sign Brenden before Jesse. He runs 13km each game besides being a really good player. so you can see why!'

The pre-season trip to Australia was useful for team-bonding as well, with Marsch on a WhatsApp group with his players.

'It was to tell us what brewery we were going to,' jokes Forshaw. 'He's all for team camaraderie. It wasn't a pre-season camp, it was a tour. I wasn't sure what start we'd have but we won three and drew one.'

The manager has not tried to rip up the core of the dressing room, with Stuart Dallas, Patrick Bamford, Luke Ayling, Liam Cooper and Forshaw himself having been at the club for a significant period of time. Marsch clearly values their input.

'He's set up a leadership group with us five and Rodrigo,' says Forshaw. 'He sees the importance in the lads who have experience. We talk about all sorts of things. For example, we've made improvements to the players' lounge so families can feel comfortable in there. It was a disgrace for them before. He cares about the players' welfare and it's not put on, he's genuine.'

After the bright start, Leeds have lost two of their last three, including a 5-2 loss at Brentford. There were mitigating factors in that defeat, though. Leeds were denied a penalty and Forshaw is convinced both the officials and Stockley Park

missed a touch by Ivan Toney which would have deemed a goal by Bryan Mbuemo offside.

'I'd get rid of VAR. Most of the lads would,' says Forshaw. 'It gets you more infuriated because there's something there that is meant to be black and white for you and it's not. So you would rather still go off opinion. You are still getting decisions wrong when there is the technology. It's embarrassing.'

Marsch let his frustration boil over and was sent off, meaning he will have to watch this afternoon's game from the stands.

A few games into the new season, Forshaw sees a growing trend for

**We improved the players' lounge to make families more comfortable**

teams to prefer counter-attacking football to keeping the ball. 'We have had games where we've had more possession but opponents are happy to sit in,' he says. 'Everton did it, probably due to personnel, Brentford did it against us.'

'We had a great start to the season and began to think we could play. Then we play Brentford, have comfortable possession in front of their box and they've gone with Toney and Mbuemo [in transition] and won it. We were shellshocked.'





**Southampton 1**  
Aribo 49

**Everton 2**  
Coady 52, McNeil 54

By **Lewis Steele**

AT ST MARY'S

WOULD Everton have had the resilience to come back and win this game last season? No, certainly not. Would Southampton have managed to hold on to win it last term? Well, no.

Nothing changes at St Mary's. That is 92 points dropped from winning positions since Ralph Hasenhuttl took over, at least 20 more than the next-worst team in the league, and 35 since the start of last season.

As for Everton, though – there is something special brewing. Frank Lampard's side are now seven matches unbeaten. They showed fight and togetherness to come back from a goal down in emphatic fashion and punish Southampton.

Everton's season has gone largely under the radar but, after narrowly escaping relegation last term, they are heading in the right direction. They are turning dismal, depressing losses into well-earned draws and now, slowly, starting to put away fellow mid-table clubs.

Joe Aribo put Southampton ahead on 49 minutes but, by 54 minutes, Everton had scored two quickfire goals – via summer signings Conor Coady and Dwight McNeil – to turn this game on its head.

Lampard is realistic about his team's ability and, though Everton perhaps have had better quality players in the past decade or so, the young boss has created a tight-knit unit who clearly give their all every week.

After taking the lead, Everton were under a significant amount of pressure but came through unscathed. For that, they can thank a string of heroic blocks, a stellar performance from Jordan Pickford and, well, a good old slice of luck as Saints' finishing was poor.

This was the first time Everton have won an away match in which they went 1-0 down since February 2020. 'This shows the progression,' said Lampard. 'It's not the end of the story and we need to keep progressing. But I'm delighted with the win. We want to be more

# IT LOOKS BRIGHT FOR LAMPS

## McNeil seals Everton win as Saints blow it again

**DWIGHT STUFF:**  
McNeil celebrates his winner

ruthless. I'm delighted to get two wins on the bounce, because that gives confidence.'

Each block and clearance and foul won was greeted by a cheer as if they'd scored a goal. The away end was sent into bedlam after both goals and supporters stayed long after the whistle to serenade Lampard, his staff and players.

Those fans had fought through another weekend of train chaos to be here and, they might have regretted it for the first 50 minutes. The first half was slow and lacking in goalmouth action.

Everton saw the more of the ball without forcing Southampton keeper Gavin Bazunu into any significant work. The one time they did manage to muster a sight of

goal came after a weaving run from Demarai Gray, who shot straight into the grateful grasp of Bazunu.

It says a lot about the improving talents of Anthony Gordon that he was sorely missed here, after falling ill and being limited to an appearance off the bench.

Everton had more of the ball but were sloppy, with Idrissa Gana Gueye often being caught in possession. One of those moments led to Saints' opener, as the midfielder was punished by a powerful Aribo strike.

Little over two minutes later, though, Coady found himself unmarked in the box to equalise after Amadou Onana won a header from a free-kick. Saints nearly restored their lead with the next

attack but Everton made a string of last-ditch blocks and then counter-attacked, with the fit-again Seamus Coleman floating a cross towards Onana.

The midfielder was shoved over but McNeil pounced on the loose ball and shot powerfully past Bazunu.

'Premier League football is brutal – when you don't score, you concede,' said Hasenhuttl. 'This young team has to learn, it's not enough to create chances, you have to be decisive.'

Pickford kept Everton ahead by denying Adam Armstrong from close range and then using commanding punches to fend off James Ward-Prowse's dead-ball bombardment.



### MATCH FACTS



<b>54%</b>	<b>POSSESSION</b>	<b>46%</b>
<b>6</b>	<b>SHOTS ON TARGET</b>	<b>5</b>
<b>11</b>	<b>FOULS</b>	<b>10</b>
<b>7</b>	<b>CORNERS</b>	<b>6</b>
<b>BALL IN PLAY</b>	<b>54mins</b>	<b>55% of match</b>

**SOUTHAMPTON (4-2-2-2):** Bazunu 5; Walker-Peters 7; Bello-Kotchap 6; Caleta-Car 8; Llanos 5 (Perraud 60 min, 6); Ward-Prowse 6; Matland-Miles 6 (Edozie 67, 6); S. Armstrong 6 (Elyounoussi 68); Aribo 6; Adams 6; Mann 5 (A. Armstrong 80, 6). **Booked:** A. Armstrong. **Subs (not used):** McCarthy, Djenebo, Salisu, Diallo, Watcott.

**EVERTON (4-3-3):** Pickford 7; Coleman 8; Tarkenton 7.5; Coady 8; Mykolenko 7; Onana 7.5 (Davies 74); Iwobi 7; Gueye 6.5; Gray 7 (Dauvergne 80); Mussey 6.5 (Rondon 88); McNeil 5 (Gordon 74). **Booked:** Gueye. **Subs (not used):** Begevic, Keane, Doucoure, Vinagre, Garner, John.

**Referee:** A. Mannin (West Midlands) 7.

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C Palace

Edouard 7

Chelsea

Aubameyang 38, Gallagher 90

By Adrian Kajumba  
AT SELHURST PARK

CONOR GALLAGHER was cheered on to the pitch by Crystal Palace supporters and then broke their hearts with a stunning 90th-minute winner for Chelsea.

Midfielder Gallagher was given a standing ovation when he entered the fray in the 76th minute in recognition of his brilliant loan spell here last season which ended with him winning both the fans and players' player of the year awards.

Fourteen minutes later he was performing the now standard muted celebration while his teammates mobbed him after scoring against his old club to earn Graham Potter a victory in his first Premier League game in charge.

It must have been so hard for Gallagher to keep his emotions suppressed. This was his first ever goal for Chelsea and one certainly worthy of celebrating.

It was a huge moment for the 22-year-old who is hoping to build on his Palace spell by making the grade at his boyhood club having not enjoyed the smoothest of starts to this campaign — getting sent off against Leicester and missing out on the final England squad ahead of the World Cup.

Palace manager Patrick Vieira stood stony-faced in his technical area after seeing the youngster he helped develop so impressively, and into an England international last season, return to haunt his former side.

It was one final setback for the Frenchman on an ultimately frustrating afternoon.

They surrendered a one-goal lead on their way to defeat and were also on the wrong end of the game's VAR controversy, salt being rubbed into their wounds when Thiago Silva set up Pierre-Emerick Aubameyang's equaliser five minutes after he might have been sent off for a deliberate handball.

That left Palace raging and chairman Steve Parish taking to Twitter to vent his fury at what threatened to be the game's biggest

1

2

# GALLAGHER IS SINGIN' THE BLUES

## Supersub grabs late winner to stun former club Palace

talking point ... until Gallagher struck at the death.

He collected the ball after fellow sub Christian Pulisic drove inside from the left and got a bit fortunate that his first touch went through Jean-Philippe Mateta's legs.

But there was nothing lucky about Gallagher's sublime finish, bent perfectly from 25 yards just beyond Vicente Guaita's grasp and into the top corner.

It was the second display of high quality finishing that Chelsea produced to get Potter off to a winning start as Blues boss in the league.

Chelsea dominated possession and looked like they might have to settle for a point until two of Potter's late subs combined.

Along with the victory, the success of those game-changing interventions were

**RESPECT:** Gallagher's match-winning celebrations were low key

another positive for Potter on his league bow in the Chelsea dugout.

And so was this being his first success against Palace at the eighth attempt, one that also ended Chelsea's run of three successive away defeats.

Potter said: 'I'm delighted for Conor. It's a fantastic strike. He has a lot of respect for Crystal Palace as you can see by his reaction but he's a Chelsea player now and it's a great goal for us.'

Vieira said: 'He deserves it [the reaction from Palace fans] and that just shows the type of fans that we have in our football club.'

'He had a really good season with us last year and that is the way the fans show appreciation for what he did last year. Of course it is a good goal but we shouldn't have allowed him to take that chance because we had enough people around the ball to stop him taking that chance.'

The end for Palace was in stark contrast to the start.

From their first attack the hosts went ahead with a little help from Blues defender Wesley Fofana.

Firstly he gifted possession to Odsonne Edouard and then failed to get back in position in time to prevent the Palace striker converting Jordan Ayew's cross on the stretch.

After the two sides traded

chances, there was another major scare for Chelsea when Silva was dispossessed by Ayew and then swiped the ball away with his hand to prevent Palace's No9 getting any closer to Chelsea's goal.

Referee Chris Kavanagh showed Silva a yellow card and VAR Stuart Attwell agreed despite Palace's appeals for a red, concluding that a goalscoring opportunity had not been denied with Ayew not heading directly towards goal and having taken possession some way out.

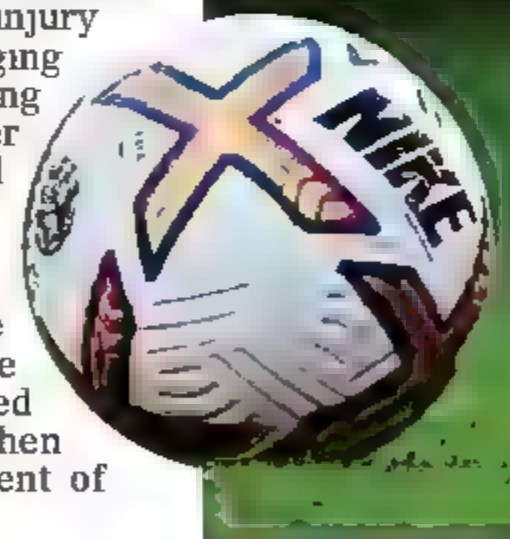
Of course, Silva was then involved in Chelsea's equaliser. From Reece James's diagonal pass, Silva knocked the ball down to Aubameyang who let the ball run across him so he could roll defender Joel Ward and fire his first Chelsea goal expertly past Guaita.

To make matters worse, Nathaniel Clyne suffered a leg injury in the process of challenging Silva that led to him being carried off on a stretcher and Vieira was also booked for continuing his protests about the Silva incident.

The 1-1 half-time scoreline looked set to be the final one as the game remained level as added time approached but then came Gallagher's moment of brilliance.

MATCH FACTS	
<b>36%</b> POSSESSION	<b>64%</b>
<b>3</b> SHOTS ON TARGET	<b>3</b>
<b>11</b> FOULS	<b>13</b>
<b>5</b> CORNERS	<b>2</b>
<b>BALL IN PLAY</b>	<b>54mins</b> <b>54% of match</b>

**CRYSTAL PALACE (4-3-3):** Guaita 7; Clyne 6 (Tomkins 44min, 6.5); Ward 6; Gueth 6.5; Mitchell 7; Olise 7; Doucoure 6.5 (Hughes 84); Eze 7.5 (Schlupp 74); Ayew 7; Edouard 7 (Mateta 84).  
**Chelsea (4-2-2-2):** Kepa 6; James 6; Fofana 5; Silva 6.5; Chilwe 6; Kovacic 6.5; Jorginho 5; Loftus-Cheek 5.6 (6.5); Mount 7 (Pulisic 84); Havertz 6 (Gallagher 76); Aubameyang 7 (Borja 75); Sterling 6. Booked: Silva, Kovacic, Mount. Subs (not used): Bettinelli, Chalobah, Ziyech, Kuduvely, Azpilicueta.  
Referee: C. Kavanagh (Lancashire) 5.



By Rob Draper

ENGLAND legend Peter Shilton has condemned the EFL gambling deal which saw clubs make profits from their own fans' gambling losses, as Forest Green Rovers owner Dale Vince called on football to kick its gambling habit for good.

Under the EFL's deal with Sky Bet, clubs would get a percentage share of a punter's losses if they registered with the bookie via their club.

The deal started in 2013 and the practice was only curtailed in 2020 with some clubs still being paid for the losses their fans incurred up to 2020.

Shilton, who won 125 caps for England, captained his country and won two European Cups and the league title with Nottingham Forest, spent

## Shilton angry at clubs taking cut of fans' gambling losses

much of his life battling a gambling addiction and now campaigns against the saturation of gambling ads in football.

'It seems football clubs were taking the money instead of looking after their fans,' said Shilton. 'It's just one example of the way some clubs operate. There are adverts on shirts and billboards throughout the stadiums.'

'Football has always been a family game and I don't think that's right for a family. Gambling ruins

lives. There is one suicide a day and many people getting addicted.'

The EFL say the practice was discontinued when it renewed the Sky Bet deal in 2020 because it was putting greater focus on safer gambling.

However, that isn't enough for Forest Green owner Vince, whose club work with The Big Step, a charity set up by bereaved families campaigning to end gambling companies advertising in football. Vince

said: 'This [Sky Bet profit share] scheme seems quite egregious but I'm not sure it's any different to taking the corporate shilling of a gambling company and sticking their brand in front of their fans to encourage loss-making activity.'

'We think that football can live without gambling money. I've heard the sum [total of gambling's value to the EFL] is £60million. We could replace that if we chose to or were forced.'

By Ian Herbert

IRAN forward Sardar Azmoun is under threat of expulsion from the squad after speaking out in support of the protests which have swept the country.

Azmoun, a Bayer Leverkusen player and the team's target man, ignored instructions from the Iranian FA forbidding players from speaking out over the death of Mahsa Amini, who died in police custody.

Protests are likely to be a part of Iran's World Cup. After the ejection of two men who held up a small image of Amini during the recent friendly against Uruguay in Austria, protesters outside the stadium





**SUPER-SUB:** Conor Gallagher secures three points for Chelsea with a superb last-minute strike at Selhurst Park



**HANDY WORK:** Thiago Silva clearly beats the ball away from Palace forward Jordan Ayew

## Silva's let off hook by Attwell

By Adrian Kajumba

CRYSTAL PALACE were left furious and baffled by VAR after Chelsea defender Thiago Silva escaped a red card for a deliberate handball.

Chairman Steve Parish questioned the point of VAR and manager Patrick Vieira was booked for his complaints but opted to keep his thoughts to himself to avoid getting in hot water with the authorities following the first-half flashpoint in Palace's defeat by Chelsea.

Silva swiped the ball away after falling to the ground having been dispossessed by Jordan Ayew, preventing the Palace man from capitalising and running towards Chelsea's goal.

Silva was booked and VAR Stuart Attwell saw no reason to upgrade Silva's punishment deeming that the act did not constitute the denial of an obvious goalscoring opportunity as Ayew would initially have been turning away from goal and was a long way from Chelsea's box when he gained possession.

To make matters worse for Palace, Silva then set up Pierre-Emerick Aubameyang's equaliser five minutes.

Parish posted on Twitter: 'Honestly what is the point of #var we chop and change every week what it does what it thinks. #Var must surely think that's a red but not a 'clear' error!'

'Even if it's not a #dogso [denial of a goal-scoring opportunity] which it is. He handballs it twice deliberately, one we play on so two yellows!'

Crystal Palace manager Vieira said: 'Regarding the incident with Thiago it's something... I don't want to talk about it because I believe the referee got it wrong and if I really say what I think I will be in trouble so it's better for me not to talk about it.'

Chelsea head coach Graham Potter said: 'I thought it was tough and go. The fact he was quite far from the goal saved him and it could've gone the other way.'

## Iran striker facing ban for his opinion

used a megaphone to make their presence known during a behind-closed-doors match against Senegal last Tuesday.

One arrest was made when a protester struck a car that was leaving the stadium at St Polten, near Vienna, though he injured himself in the process. The game, which was watched by England manager Gareth Southgate, ended in a 1-1 draw.

Azmoun said on his Instagram account: 'At worst I'll be

dismissed from the national team. No problem. I'd sacrifice that for one hair on the heads of Iranian women.'

'This story will not be deleted. They can do whatever they want. Shame on you for killing so easily; long live Iranian women.'

Symbolic messages from Alireza Jahanbakhsh, who is the captain of Carlos Queiroz's national team, and from his team-mate Ehsan Hajsafi, were deleted.

# VAR call is so tough for O'Neil to handle

A THIRD draw in four games maintained Bournemouth's unbeaten run under Gary O'Neil — this stalemate, though, left the interim head coach with a sense of disappointment after he was handed his latest lesson in the frustrations of management.

O'Neil has done an impressive job of bringing a sense of stability to the Vitality Stadium following the departure of Scott Parker and against a backdrop of uncertainty surrounding the future ownership of the club.

Once again they demonstrated the resilience that has been evident in recent displays. Once again, however they were left frustrated following the intervention of VAR.

On this occasion, O'Neil and his players were convinced they should have had a penalty midway through the first half when Jordan Zemura went down after a challenge by Kristoffer Ajer.

Referee Thomas Bramall thought otherwise and stuck with

## That's four VAR decisions in four games that have gone against us

his original decision to dismiss claims for a spot-kick despite reviewing the incident on the pitch-side monitor.

'That's four VAR decisions in my four games and all have gone against us,' said O'Neil. 'Once they are sent to the screen they generally stick with the VAR decision, so I was hopeful at that moment that he would give the penalty. I would have liked it but I think it's a tough call.'

O'Neil suggested the decision by the referee to reject a claim for handball in the final seconds of the game was also a tough call and Brentford manager Thomas Frank didn't disagree. 'That would have been a penalty two years ago,' said the Brentford manager.

O'Neil's main frustration, though, was at his side's failure to create more meaningful scoring opportunities.

That was a theme echoed by Frank who acknowledged his side lacked a cutting edge with Ivan Toney, overlooked by England after being called into the squad last week, failing to make more of a number of half-chances.

'I know the boys can be better

	<b>Bournemouth</b>	<b>0</b>
	<b>Brentford</b>	<b>0</b>

By Ian Winrow

AT THE VITALITY STADIUM

with the ball than they showed today,' said O'Neil. 'I felt the structure was there and we didn't quite manage to show our level with the ball. Too many slight errors that cost us momentum and opportunities. The first time in my four games that there's a tinge of frustration.'

Brentford started positively with Mikkel Damsgaard — included in the Bees' Premier League line-up for the first time after four appearances from the bench — testing Neto with a curling shot that the keeper pushed wide while at full stretch.

The visitors lost their way as the game progressed although Ajer could have added to Bournemouth's sense of injustice when he directed a header onto the roof of the net shortly before half-time.

O'Neil's side improved after the break and it took a goalline clearance by Toney to deny Dominic Solanke's looping header shortly before an excellent covering tackle by Brentford left-back Rico Henry halted an incisive home counter-attack.

'If there should have been a narrow winner I think it should have been us,' said Frank.

'Ivan had three or four half-chances. But we just didn't have the quality, we lacked the quality more or less from all my offensive players. But we lost too many games that should have been a draw. Today to get a draw and a clean sheet was important.'

	<b>MATCH FACTS</b>	
<b>42%</b>	<b>POSSESSION</b>	<b>58%</b>
<b>1</b>	<b>SHOTS ON TARGET</b>	<b>4</b>
<b>11</b>	<b>FOULS</b>	<b>10</b>
<b>7</b>	<b>CORNERS</b>	<b>8</b>
<b>BALL IN PLAY</b>	<b>53mins</b>	
	<b>54% of match</b>	

**BOURNEMOUTH (4-2-3-1):** Neto 7, Smith 6, Mapham 6, Senesi 7, Zemura 6, Cook 6, Lerma 6, Tavernier 6, Solanke 7, Billing 6, Moore 6 (Christie 72min). **Booked:** Lerma. **Subs (not used):** Travers, Stephens, Marcondes, Stacey, Lowe, Dembele, Hill, Anthony. **BRENTFORD (4-3-3):** Raya 6, Ajer 5 (Hickey 61), Jansson 6 (Zanka 64), Mee 7, Henry 7, Baptiste 6 (Onyekwaka 84), Janelt 6, Jensen 6, Mbeumo 5 (Wissa 61), Toney 5, Damsgaard 6 (Dasilva 61). **Booked:** Hickey, Toney. **Subs (not used):** Cox, Buchanan, Ghodds, Roerslev, Trevitt. **Referee:** T Bramall (Yorkshire).



**Liverpool** 3  
Firmo 33, 54, Webster 63 (og)

**Brighton** 3  
Trossard 4, 17, 83

By **Joe Bernstein**  
AT ANFIELD

# Trossard hits superb hat-trick to add FRAGILE REDS REMININD KLOPP OF EARLY DAYS

BRIGHTON'S new manager Roberto De Zerbi couldn't have asked for a more dramatic start to life in England but shouldn't expect every Premier League defence to be as generous as Liverpool's.

Leandro Trossard was the Seagulls hero with a brilliant hat-trick, the first scored by an opposition player at Anfield since Arsenal's Andrey Arshavin in 2009, yet Liverpool fans will be more concerned by the lapses from their own team.

Poor Trent Alexander-Arnold, already under scrutiny with England's World Cup squad to be announced soon, was culpable in both of Trossard's opening goals in the first 17 minutes.

And even when Jurgen Klopp's men rallied in typically ebullient fashion to turn a 2-0 deficit into a 3-2 lead, they threw the win away with seven minutes left.

Substitute Kaoru Mitoma sped down the flank on Alexander-Arnold's side and when his cross reached the penalty area, Virgil van Dijk took a clearing swipe and missed. At the far post, Trossard didn't, striking his finish with such power that Alisson could only help push the ball into the roof of the net.

Brighton's previous manager Graham Potter was rather polite and had a touch of the Tim Henmans about his celebrations. No danger with De Zerbi's crew who marked all three goals with jumps, hugs and wild punches in the air.

'Leandro is a crack (star player),' said the Italian about his goal hero. 'I sent him a message when he was with the Belgian national team that he should increase the number of his goals. I don't think he's finished scoring.'

'I believe Potter deserves some praise because he left me a great team. I have tried not to make any damage and of course I will add my ideas on top.'

Having presided over great success in recent years, Jurgen Klopp's side are currently in mid-table and their manager viewed their latest collapse as a throwback to his early days when they were mentally fragile.

'It reminded of that time. We'd be only one goal in front and everyone was nearly having a heart attack,' he said.

'We should have defended all three goals better, there is no doubt about that. We have to fight through this. The boys can play much better and my job is to create a situation where they can deliver.'

'We are under pressure, we do not ignore that. It is really a moment that we have to come through together.'

It had been 28 days since Liverpool had last played a Premier League game — due to the death of Queen Elizabeth II and then an international break — but it was Brighton, who lost Potter to Chelsea during that period, who treated the first blow of the referee's whistle like a starting pistol.

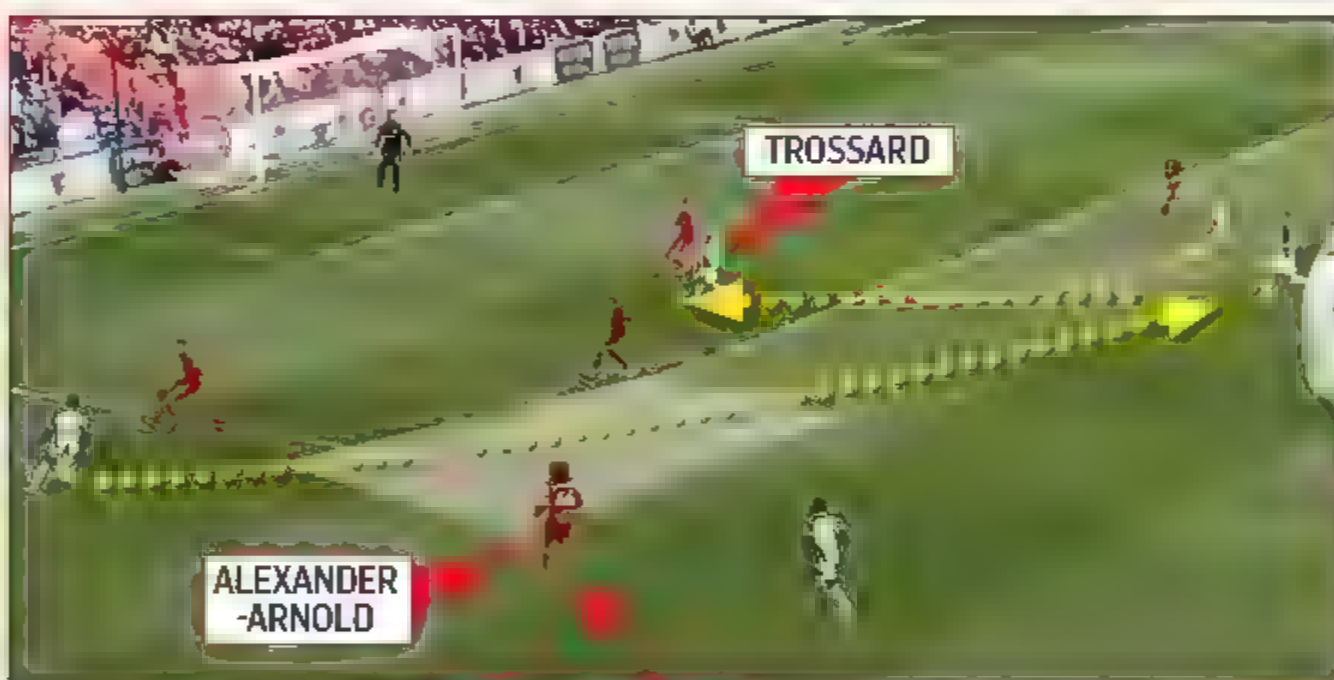
After four minutes, Alexander-Arnold probably wished he was back on international duty. His clearing header went high in the air and not far enough. Jordan Henderson couldn't gain control and Brighton took full advantage.

Alex Mac Allister fed Danny

## EXCEPTIONAL? REALLY, JURGEN?

ON Friday afternoon Liverpool boss Jurgen Klopp leapt to the defence of Trent Alexander-Arnold after the defender featured in none of England's games during the international break. 'Whatever team I would have at the moment, I would pick Trent,' said Klopp. 'He is exceptional.'

Less than 24 hours later, Alexander-Arnold was exposed for Brighton's first two goals. He was left on his backside by Leandro Trossard for the opener (main picture) before ambling back into position after he lost the ball, leaving acres of space for Brighton to find Trossard again for his second.



Welbeck and he backheeled for Trossard whose sharp turn left Alexander-Arnold on the floor before he shot into the net past a helpless Alisson.

Incredibly, Brighton should have added a couple more through Welbeck and Trossard before they did score a second after 17 minutes.

Again, Alexander-Arnold played a part, failing to control a clearance with his chest and letting the ball run to Welbeck.

From there, Brighton's football was beautiful. Welbeck pulled back a cross from the edge of the box to

Solly March whose first-time pass into Trossard was met with a thumping left-foot finish by the Belgian.

Anfield fell silent, aware that Liverpool had not lost a home league game for 19 months. It took some needless timewasting from Brighton's Pervis Estupinan at a throw to raise the volume and the momentum finally shifted.

Robert Sanchez made a fine save to deny Mo Salah and then Salah just kept onside to turn Henderson's clipped pass towards Roberto Firmino who shot home to make it

2-1. The goal was initially given as offside but a VAR check showed that Salah was in line with defender Adam Webster.

Luis Diaz replaced Fabio Carvalho at the interval and gung-ho Liverpool appeared to swing the game completely in the autumn sunshine.

After 54 minutes, Joel Matip made a vital clearance with his heel to stop Welbeck making it 3-1 and seconds later Liverpool had gone up the other end with a devastating break to equalise.

Henderson and Thiago played

their part and when Diaz played a final pass into Firmino, he took a touch with his right foot to turn past Lewis Dunk before finishing with his left.

It looked as if redemption was on its way for Liverpool when they then took the lead just past the hour mark — and it was fitting that Alexander-Arnold should claim an assist.

His corner was whipped in and forced Sanchez to punch the ball against his defender Webster for an unfortunate own goal.

Instead of laying the foundations for Liverpool, they looked increasingly jittery as the clock ticked down. Alisson needed to make a fantastic reflex save to deny Welbeck but Brighton earned their just rewards.

Mitoma galloped down the Liverpool right and when his cross evaded first Van Dijk and then Welbeck, Trossard made no mistake.

'It's good to get a point here. I love all the fixtures but obviously this is a big game so I wanted to show myself in the best possible way,' he said.

Candid Liverpool defender Joel Matip summed up the mood in their camp afterwards. 'We're absolutely not happy. Alisson was there to save our backs again and hopefully he does not have to make as many stops in the future.'

## 'It was horrible'

JURGEN KLOPP admitted it was 'horrible' watching his Liverpool side concede three goals against Brighton at Anfield.

Though the Reds preserved their 19-month unbeaten home record having fought back from 2-0 down to lead 3-2, Klopp was critical of the way his side then allowed Leandro Trossard a late equaliser to complete his hat-trick and gain a point for the visitors.

'We weren't sitting deep, we weren't attacking high,' he said. 'We were in between and their play-

By **Joe Bernstein**

ers could turn between the lines, it was really horrible to watch.

'It reminded me a bit of the first part of my time at Liverpool. When we had a situation of only being one goal ahead, everyone was nearly having a heart attack. We were just not convincing.'

Liverpool face Rangers next in the Champions League on Tuesday needing a win to boost their hopes of qualifying from the group.

MATCH FACTS	
54% POSSESSION	46%
7 SHOTS ON TARGET	6
9 FOULS	13
9 CORNERS	2
BALL IN PLAY	57mins
	58% of match

**LIVERPOOL** (4-3-3): Alisson 7; Alexander-Arnold 5.5, Matip 6, Van Dijk 6.5, Tsimikas 6 (Elliott 58min); Henderson 6 (Miller 58), Fabinho 7, Thiago 6.5 (Nunez 88); Salah 7, Firmino 6 (Jota 75), Carvalho 6 (Diaz 48). **Brighton** (3-4-3): Sanchez 8.5; Veltman 6.5, Dunk 6.5, Webster 5.5, March 7, Calcedo 7, Mac Aulster 6, Estupinan 6 (Lallana 78); Gross 6 (Mitoma 65, 7), Welbeck 8, Trossard 9 (Lamptey 87). **Booked:** Estupinan. **Subs** (not used): Steele, Colwill, Sanmiente, Enolsco, Undav, Gilmour. **Referee:** A. Madley (West Yorkshire) 7



# to Liverpool's frustration

3

Trossard is the third PL player to score a hat-trick at Anfield after Peter Ndlovu (1995) and Andrey Arshavin (2009).

ALL AT SEA: Alexander-Arnold and Matip can only watch as Trossard hits his first goal



By **Dominic King**

TRENT ALEXANDER-ARNOLD took a deep breath, placed his hands on his hips and began to compute the distance to goal.

At the end of week that has been filled with frustration, headlines and conjecture, fate handed him the chance to become a hero. In the first minute of stoppage time, here he stood 25 yards out, just right of centre and in the kind of position that, in the past, he has done such damage.

Slowly he began to run, back came his right foot and then it was brought forward with a whoosh, sweeping the ball in an arc towards the Anfield Road end net. Was this the moment he was about to banish all his frustrations? In a word, no.

Alexander-Arnold — and Liverpool for that matter — are in a place where there is nothing romantic or picture perfect so, rather than nestle in the bottom corner, his free-kick was turned around the post by Brighton goalkeeper Robert Sanchez.

Alexander-Arnold left Anfield vexed by the troubles that are threatening to leave Liverpool among the also-rans before the clocks go back. Arsenal and Manchester City, their next

## No respite for Trent as his Kop misery drags on

opponents, will have taken note about the chaos that currently reigns within this team.

The 23-year-old went into this fixture with many wondering if he would provide a riposte to Gareth Southgate for being chopped from England's squad but, as it stands, the national team should be the least of his concerns.

Brighton, evidently, knew which side of Liverpool's defence to target and it will be jumped upon that both their opening goals came with him close to the action — Leandro Trossard stepped inside him to score in the fourth minute, Danny Welbeck beat him to a header in the 17th minute.

To pin the blame on him solely, however, would be unfair and not

give an accurate reflection of the way Liverpool are defending as a collective. Where there was once cohesion, chaos now reigns.

He had 79 touches in total, second only to Thiago (88) and there were flashes of class, not to mention a corner that led to the own goal which enabled Liverpool to poke their noses in front.

But the one point that illustrated how anxious Alexander-Arnold is arrived in the 74th minute. Alisson had just made a great save to thwart Welbeck but needed one of his defenders to mop up.

Alexander-Arnold was first on scene but, in a panic, he sliced the ball in the air. One day things will be back to normal for him but, as it stands, there is no sign of respite.

# Hammers front men steal show from Costa

DIEGO COSTA chugged from a can of Red Bull on the subs' bench, but it was Gianluca Scamacca and Jarrod Bowen who gave West Ham their wings. With that, they fly out of the bottom three, leaving Wolves in it.

West Ham have been waiting for their £35.5million man to open his Premier League account and didn't he just. Scamacca's two touches — the first to flick up the ball, the other to bury it in the top corner — were an elite way to end his drought.

'Gianluca was out for three weeks with a virus, just in case anybody forgot to put that in their pieces,' manager David Moyes said afterwards, aiming his trademark stare at reporters. 'People ask why we're not playing him but he needs to get a level of fitness.'

Bowen followed that up with his first league goal of the season, a nice response to not featuring for a single minute for England in the recent international break. West Ham boss David Moyes is encouraging Bowen to play his way into Gareth Southgate's plans via his club — and clinical strikes such as this will do him no harm. Costa did

<b>West Ham</b>	<b>2</b>
Scamacca 29, Bowen 54	
<b>Wolves</b>	<b>0</b>

By **Kieran Gill**

AT THE LONDON STADIUM

sion and the sales of Willy Boly and Conor Coady to Everton. It indicated that Lage does not yet trust Toti or Yerson Mosquera, both of whom were on the bench.

Neves embraced his rare role by crashing into Bowen, leaving him on an early caution. Bowen was a nuisance and created a good chance when he cut inside before having a go with his left foot. But Scamacca could not finish the rebound under pressure from Jonny.

When Pedro Neto dropped down injured, Wolves needed to make a change. Adama Traore was warming up on the touchline while Costa was sitting on the bench, sipping his Red Bull. The snarling striker's debut would have to wait.

On came Adama Traore, but West Ham opened the scoring once the game restarted. When Bowen's attempt at driving into the box was denied, the ball fell to Scamacca. Twenty yards out, he rasped a shot beyond Jose Sa. It drew admiration when replayed on the big screen.

As we approached half-time, Wolves had gone 30 minutes since their last shot. More was needed and Traore gave West Ham a scare when he met a dropping ball in between Declan Rice and Tomas Soucek at the start of the second half. His half-volley was struck nicely but it bounced a yard wide, to the relief of Lukasz Fabianski.

West Ham responded by ensuring the win would not be taken away from them. Thilo Kehrer's blocked shot saw the ball fortuitously fall to Bowen. Taking it on his chest, the forward wrong-footed Rayan Ait-Nouri and buried the ball into the bottom corner beyond Sa.

Lage then introduced Costa, the striker appearing for the first time since a Brazilian Serie A game for Atletico Mineiro in December 2021. He hugged Kurt Zouma — his old Chelsea teammate — and should have made it 2-1 in the 68th minute when Traore's cross found him. He sent his header wide and knew that was their chance gone.

Daniel Podence did hit the back of the net a few minutes later, but it was offside.

Lage made further changes, to which the away support sang 'you don't know what you're doing'.

<b>WEST HAM</b>	<b>MATCH FACTS</b>	<b>WOLVES</b>
39% POSSESSION	61%	
5 SHOTS ON TARGET	4	
9 FOULS	6	
1 CORNERS	6	
BALL IN PLAY	57mins	
	59% of match	

**WEST HAM (4-2-3-1):** Fabianski 7, Kehrer 7, Dawson 7, Zouma 7, Cresswell 7, Soucek 7, Rice 7, Bowen 7.5, Paqueta 7 (Emerson 7.4 min, 6), Cornet 8.5 (forwards 34, 7), Scamacca 8 (Antonio 8.6, 5) **Booked:** Rice, Cresswell **Subs (not used):** Areola, Coufal, Lanzini, Downes, Ogbonna, Benrahma.

**WOLVES (4-3-3):** Sa 5, Jonny 5, Neves 5.5, Kilman 5, Ait-Nouri 5, Semedo 5 (B Traore 7.3, 5), Nunes 5 (Campbell 7.3, 5), Moutinho 5, Neto 5 (A Traore 24, 5.5), Podence 5, Guedes 5 (Costa 5.8, 5) **Booked:** Neves, Moutinho **Subs (not used):** Saric, Mosquera, Toti, Roman, Bueno.

**Referee:** P Tierney (Lancashire) 5.

come on for Wolves, but by that time they were 2-0 down. Chances came his way but the ex-Chelsea striker, 33 and having not played pro football since December 2021, was understandably rusty.

Wolves have scored only three Premier League goals this season, the lowest of any side. Something needs to change. Bruno Lage can only hope it isn't his employment status and his team selection threw up a few talking points.

One was that eight of Wolves' starting line-up were Portuguese — a new record for a single nationality in a Premier League game, excluding English, of course.

Another was captain Ruben Neves, very much a midfielder, being used in central defence in light of Nathan Collins' suspen-



## 10-man Fulham torn apart by high-flying Magpies

VOLLEY  
GOOD  
SHOW  
FOR HOWE

MAGICAL: Miguel Almiron hits a wonder goal

AS DAYS at the office go, this was worse than 'bad' for Fulham boss Marco Silva.

After being reduced to 10 men in the eighth minute when Nathaniel Chalobah was sent off for a reckless tackle on Sean Longstaff, Silva's team capitulated against a better and hungrier Newcastle.

Goals from Callum Wilson, Longstaff and two by Miguel Almiron sealed a 4-1 victory, the Magpies' first on the road this season. A late consolation from Bobby Decordova-Reid did little to lift Fulham's spirits.

'It was all positive for us, a really good performance from the group,' said Newcastle boss Eddie Howe. 'Today we were at a pivotal moment in our season and I emphasised today how important the game was to the players.'

'I hoped the performance was coming but nothing is ever guaranteed in football and I think every week you have to give yourselves a chance to win.'

'The sending-off certainly helped us', Howe said. 'But even before that, I thought there was a good feel to the team today.'

Newcastle might have scored more had it not been for Bernd Leno, who was the only Fulham player to leave the pitch with any credit. Silva's side did not manage a shot on target until the 88th minute. They looked beaten from the moment Chalobah left the field.

The midfielder flew into an unnecessary tackle, missing the ball and catching Longstaff with his studs. Referee Darren England initially gave a yellow card but after a VAR review the decision was changed. It was a reckless, potentially dangerous tackle that could have seriously

<b>Fulham</b> Decordova-Reid 88	<b>1</b>
<b>Newcastle</b> Wilson 11, Almiron 33, 57, Longstaff 43	<b>4</b>

By Kathryn Batte  
AT CRAVEN COTTAGE

hurt Longstaff. The Newcastle midfielder came away unscathed, but Fulham did not. There was just three minutes between Chalobah's red card and the opening goal.

The focus before kick-off had been on Aleksandar Mitrovic and whether he would continue his fine form against his old club. It was not his day and an aggravation to the ankle injury he sustained on international duty saw him withdrawn in the 36th minute.

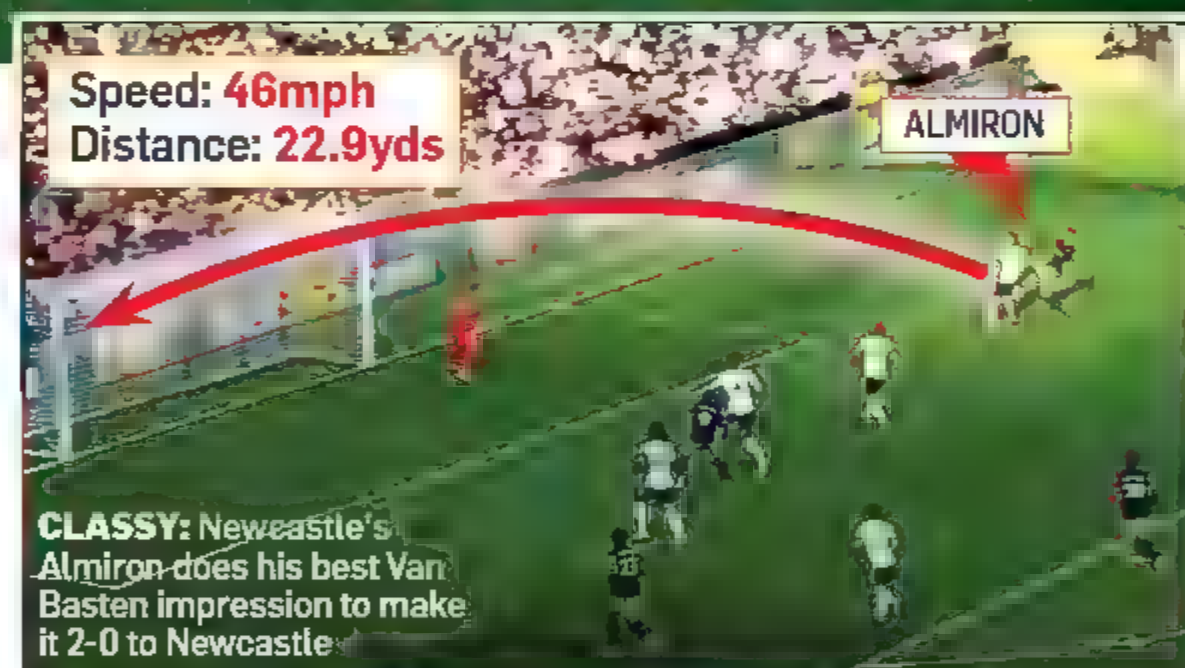
Instead it was a different striker celebrating: Wilson, back from a five-week injury absence, should

<b>MATCH FACTS</b>	
<b>31%</b> POSSESSION	<b>69%</b>
<b>1</b> SHOTS ON TARGET	<b>10</b>
<b>8</b> FOULS	<b>9</b>
<b>1</b> CORNERS	<b>8</b>
<b>BALL IN PLAY</b>	<b>50mins</b>
	<b>51% of match</b>

**FULHAM** (4-2-3-1): Leno 7, Mbamba 5 (Garnier 45min, 8), Tosin 5, Ream 5, Kurzawa 4 (Diop 45, 5), Reed 8, Chalobah 4, James 5 (Kebano 70), Pereira 6, De Cordova-Reid 6, Mitrovic 4 (Vincius 37). **Booked:** Reed, Mitrovic. **Sent off:** Chalobah (8min). **Subs** (not used): Rodak, Duffy, Kebano, Phomah, Harris, Paries. **NEWCASTLE** (4-3-3): Pope 6, Trippier 75 (Lewis 83), Schar 7 (Lascelles 83), Botman 7, Burn 75 (Targett 82), Longstaff 8, Guimaraes 75 (Anderson 58, 7), Willock 75, Almiron 85, Murphy 75, Wilson 75 (Fraser 65, 8), Subs (not used): Karius, Dummer, Joelson, Lewis, Wood. **Referee:** D England (Merseyside) 7

have put Newcastle ahead in the fourth minute when he sent a shot against the post from five yards out. But he was in the right place at the right time to finish at the second time of asking, stabbing the ball over the line after Joe Willock had headed Kieran Trippier's cross to the back post.

On the half-hour, Wilson sent a curling shot just over the bar from inside the box. But Newcastle didn't



**CLASSY:** Newcastle's Almiron does his best Van Basten impression to make it 2-0 to Newcastle

need to wait much longer for a second.

Almiron is often criticised for missing the easy chances but his volley in the 33rd minute was an early contender for goal-of-the-season. A quick free-kick saw Bruno Guimaraes flick the ball over Layvin Kurzawa to Almiron, who hit a sublime first-time volley with his left foot into the top corner.

'He's capable of doing magical things and for me that was a magical goal,' Howe said. 'I'm delighted for Miggy. He's such an infectious character, his work sort of epitomises our play really, so it was great to see.'

Fulham could barely string a pass

together as Newcastle continued to attack in numbers.

Leno did well to keep out a flicked effort from Willock before getting down to save a Jacob Murphy strike. Newcastle finally scored their third from the resulting corner.

Leno made a magnificent fingertip save to push Sven Botman's header on to the bar. But Longstaff, unmarked, was there to slam home the rebound.

There was still time for it to get worse for Fulham before half-time, as Kurzawa was forced off with injury.

The hosts didn't manage a single shot in the first half but things didn't get any better in that respect after the break. Murphy should have made it 4-0 when he ghosted in at the back-post, but Leno made another excellent save.

Almiron thought he had scored his hat-trick when he smashed the ball into the top corner after being played through by Elliot Anderson, but the winger was rightly flagged offside.

It took until the 88th minute but substitute Neeskens Kebano finally produced Fulham's first bit of quality. His inch-perfect cross picked out Decordova-Reid at the back-post and he headed past Nick Pope. Ryan Fraser thought he'd scored a fifth for the visitors in stoppage time but the sub was offside.

## Silva lambasts VAR flaws

By Kathryn Batte

MARCO SILVA blasted VAR's 'lack of consistency' after Nathaniel Chalobah saw red for a reckless tackle on Sean Longstaff.

Chalobah was initially shown a yellow card by referee Darren England after he had lunged into a studs up tackle on the Newcastle midfielder. But VAR official Mike Dean advised England to check the monitor, after which he decided to brandish a red card.

'We had a game until the sixth or

eighth minute, after that it was a completely different game. It was a harsh tackle from Nathaniel in that moment. The referee was clear, for him [it was] a yellow card. Of course after the decision from Mike Dean, it changed everything,' Fulham boss Silva said.

'It was a harsh tackle but I haven't seen consistency in these types of

situations. I'm 100 per cent sure that in the next few weeks we will see more tackles like that one and they'll be a yellow card. That is tough for us to understand.'

'I can accept the red card if the next 10 weeks, 20 weeks, I would see the same and I'm sure that will not be the same. In five weeks we will be speaking together again and there will be four or five tackles like that which will not be a red card.'



# Spurs swept aside by old romantic Arteta

By Rob Draper

CHIEF FOOTBALL WRITER  
AT THE EMIRATES STADIUM



THERE'S nothing more captivating than idealism, even more so when it wins the day in a world governed by pragmatism. Mikel Arteta is a young manager schooled in the Pep Guardiola way of thinking that the team that plays the nicest football will ultimately win most games. To be fair, when you have the players Guardiola has that is often a self-fulfilling philosophy.

But when you have the players Arteta has? There's an Arsenal trope, which has been doing the rounds for about 15 years or so now: Arsenal are pretty but rarely feared. For idealistic, read naive. For aesthetically pleasing, read weak. Arsenal have been a joy to watch since the Arsene Wenger days. In latter years, they've been a joy to play against as well at times.

Arteta falls neatly into this cliché. The Amazon documentary demonstrated his team talks can be more David Brent than Sir Alex Ferguson. He talks a good game but his team threw away fourth place last season. To Spurs. In the same way that children make fantastical comparisons, demanding to know which animal would win if a shark fought a lion, so you felt that if Arteta takes on Antonio Conte there could be only one victor. And it wouldn't be the romantic Basque coach nurtured at Barcelona.

Conte is cut from different cloth. He is a superb coach. He has nothing to prove other than the endless desire to prove himself again that afflicts all successful obsessives. Serie A titles, a Premier League title, the FA Cup: he has them all. He transformed Spurs last season. He had them unbeaten this season, looking as much like contenders as you can when Manchester City have Erling Haaland.

This was the first time for years that these teams had met when both were riding high. And you knew exactly how Conte would play it. For all the hustle and bustle of Arsenal's impressive start, there was a moment when Cristian Romero picked out Harry Kane with a 50-yard pass and Arsenal looked terribly frail. The offside flag came to their rescue but for a team with 64 per cent possession,

But jubilant manager refuses to say Arsenal are contenders



**HEATED DEBATE:** Tempers flare between Kane and Dier as Spurs crash and (left) keeper Lloris lets Saka's shot slip past him for Jesus to pounce and make it 2-1

they looked mighty fragile. That was the trap Conte was laying for them: you enjoy the pretty football and we'll take the points.

And so the match seemed to settle into that pattern. The excellent Thomas Partey's opening strike from 20 yards on 20 minutes was something special. Arsenal looked amazing. The Emirates shook with fervour and it's not often you can write that. And yet, here we were at half-time, Tottenham with just 36 per cent of the possession and the score at 1-1. Kane, inevitably, from the spot after Richarlison had slipped past Granit Xhaka and been tripped by Gabriel. Same old Arsenal. And so this was a genuine

test. Wreaking revenge on Brentford was one thing, but a little like the over-privileged class bully picking on a poorer, weaker boy. This was something else. Conte looked about to do what Conte does to dreamers. Yet it is Arsenal who are top today, Arsenal who showed resolution through to conclusion. They don't do that enough against top teams but asked if this sent a message, Arteta said: 'The message is for the players and for everybody at the club that we are able to play at this level against these kind of opponents and that should give them confidence and belief.'

Arteta, an alumni of Manchester City, won't be drawn into the game

of whether his team are title contenders. 'I leave that to you guys, we're just at the start,' he said. 'Looking at the table, it's great, obviously. But we are a really hungry and humble team. We know where we are, we've done nothing yet. There are things to improve and that's where we're going.'

Indeed, maybe Conte's plan would have worked had Hugo Lloris not presented Arsenal with an early goal in the second half as first he parried and fumbled for Gabriel Jesus to score. Or if Emerson Royal had not lost his head kicking Gabriel Martinelli's shin, reducing his team to 10 men. Even for Conte this was now a sizeable task made

100

Harry Kane became the first player in Premier League history to score 100 goals away from home.

impossible when Martinelli and Xhaka combined to send Eric Dier the wrong way and allow the Swiss to strike the third.

'We're top of the league!' was the chant in the Emirates as old friends Kane and Dier had a heated debate over who was to blame. There was something about the energy from this Arsenal team that has set the atmosphere apart here this season.

Arteta agreed. 'Absolutely. It started in that dressing room. You get the right people, the right players and they start to connect with each other, then that takes it to another level. There is huge power of the team at any level. You start to get connected and deliver that on the pitch and then you connect as we have done with our fans and it becomes something really, really powerful. It is the biggest success this group of players have had.'

The empty Spurs end at the final whistle told another story. For Arsenal, the DJ put on the 1958 Latin tune Tequila by The Champs. It is a new favourite due to the potential to scan William Saliba's surname into the chorus. How he deserved his plaudits yesterday. But the song also captured the sense of joy and celebration there is to be had in consigning your neighbours to ignominious defeat. And in idealism winning the day.

By Ian Herbert

FANS who have paid out huge sums for hotel rooms, apartments and villas at the Qatar World Cup face arriving to find no live TV coverage of the tournament there.

The Mail on Sunday understands that some hotels in Doha have decided not to screen games, having been told they will have to pay host broadcaster BeIN Sports about 100,000 Qatari riyals (£25,000) for every restaurant or bar which shows them.

Fees for making games available in the £400-a-night rooms remain unclear, though hoteliers describe those to be unviable, too. The costs are also thought to be affecting proprietors of rented villas and apartments.

Ashley Brown from the Football Supporters' Association's 'Free Lions' team, which is working to help fans who want to get to the

## Fans in Qatar can't watch games on TV!

tournament, said: 'This will be seen as another added frustration for the loyal fans travelling to Qatar for the World Cup.'

'With entertainment options already limited, watching matches on TV with fellow fans from around the world should be one of the tournament highlights. Fans now face the possibility of rented villas, apartments, hotel rooms and other accommodation where they cannot watch games.' The Mail on Sunday

also understands that Qatar may let the country's 60 licensed hotels to serve alcohol for 17 hours a day during the World Cup — from 10am to 3am — and to drop the price. They currently don't sell alcohol before 7pm, with even tighter restrictions on Fridays, a day of prayer.

Government officials have also canvassed opinion on a temporary lower alcohol price cap. The state sets the price of alcohol, and a

pint typically costs £12-£15, but it is thought that a £7-£8 price may be imposed.

With few accommodation sites expected to screen games, fans are being encouraged to use the official FIFA Fan Zone at Doha's seafront Al Bidda Park, where alcohol will be served from 6.30pm to 1am. But there are concerns that the 40,000 capacity may not be adequate, with one million visitors expected in Qatar and few alternatives for the many not at a game.

Alcohol is available from 10am to 5am at the 15,000-capacity Glastonbury-style Arcadia fan site, but the daily cost of entry there is expected to be an eye-watering £75.

BeIN Sports said it could not disclose commercial arrangements with hotel and accommodation providers.



<b>Arsenal</b>	<b>3</b>
Partey 20, Jesus 49, Xhaka 67	
<b>Tottenham</b>	<b>1</b>
Kane 31 pen	

By **Oliver Holt**CHIEF SPORTS WRITER  
AT THE EMIRATES STADIUM

NO ONE expects Arsenal to stay the course at the top of the Premier League but on a beautiful, crisp autumn day at The Emirates in front of a full house of deliriously happy fans revelling in a stunning, ebullient start to the season and the comprehensive dismissal of their North London rivals, no one cared too much about the title.

This moment was sweet enough for Arsenal to savour in isolation. We have grown so used to fragility, both mental and physical, being written into Arsenal's collective character that many had expected the pragmatism of Antonio Conte's Tottenham to prick the bubble of the home side's idealistic, elegant beginning to the season. That did not happen.

It was Spurs who imploded, not Arsenal. Everyone thinks Manchester City will win the league but this was a statement victory for Arsenal manager Mikel Arteta and his team, their first win of the season over another so-called Big Six team. Arsenal keep passing the tests put in front of them and the style with which they are doing it is beautiful to watch.

'It showed us,' Arteta said after the game, 'that we are able to play at this level against this kind of opponent and that should give the players confidence. Our history tells us that this is the way we play. You feel the desire and humility from the players. They haven't won anything yet and that is important to have that humility, which is a big driver for us.'

This was a victory for optimism over pragmatism, a victory for creativity over containment and a victory for youth over experience. Arsenal carry the air of a coming force, pulsing with energy and verve. Conte's Spurs are the league's great opportunists but at the home of their rivals, they looked like a side that needs to add more quality signings to the improvements Conte has already made.

Arsenal have lost just one of their last 29 league games at home against Tottenham and they have now won seven of their eight league games this season, playing plenty of champagne football along the way. This 3-1 victory, over a Spurs side which played much of the second half with 10 men, lifted them four points clear at the top of the table, at least until City play Manchester United this afternoon.

Spurs have not won at the Emirates for 12 years and after Emerson Royal was sent off for a foolish foul on Gabriel Martinelli after 62 minutes, they never looked like putting a dent in that sequence. They are well-organised under Conte but they are limited once you move beyond the brilliance of their forward line.

Arsenal, in contrast, have started to play like a side that does not accept limitations. It is still hard to see them being able to live with City when the season hits its stride after the World Cup but who knows how the shape of squads may change after the strains placed on them by the tournament in Qatar. For now, it is enough that Arsenal, whose fans have suffered so many frustrations after the peak Arsene Wenger years, are indisputably a team on the rise again.

Arsenal started the game fast. Hugo Lloris tipped a volley from Gabriel Martinelli round the post, Bukayo Saka, liberated from the left wing-back role where Gareth Southgate employed him in Italy eight days ago, probed constantly on the right, Thomas Partey mopped up loose balls and Martin Odegaard orchestrated the play as

elegantly as always. Spurs had the best early chance to score, though, when Son Heung-Min clipped a clever free kick behind the Arsenal defensive line and a host of Spurs players ran on to it.

Eric Dier got to it first but could only help it on to Richarlison, who reacted instinctively and poked the ball towards goal. It was heading for the corner until Aaron Ramsdale made a fine reaction save and

pushed it wide. Midway through the half, Arsenal took a deserved lead. Saka teased and taunted his marker on the right, feinting and probing and making space and time for those around him.

He passed the ball square to Ben White, who moved it on to Partey, lurking on the edge of the area. Partey had time to measure his shot and curled it high past the despairing left hand of Lloris into the net. Arsenal's lead did not feel safe, though, and 11 minutes later, Spurs were back level.

Richarlison made another foray into the box and, after the Brazilian had evaded one challenge, he was felled by a clumsy tackle from Gabriel. It was a clear penalty and Harry Kane dispatched it with aplomb, chipping it down the middle, over the trailing, flailing legs of Ramsdale as he dived to his right. It was Kane's 14th goal in North London derbies, more than any other player has scored.

Four minutes after half time, Arsenal regained the lead with a goal that was a comedy of errors

**58**

Partey has taken 58 shots from outside the box in 53 PL games. Yesterday was the first one he has scored from.

from the Spurs defence. Saka was given far too much time to cut in from the right and curled in a left-foot shot. Lloris covered it comfortably but could only push it out weakly into the crowded box.

It fell at the feet of Cristian Romero, who should have cleared it but stumbled over it and miskicked it back to Lloris.

It should have been the simplest of catches for Lloris — even if it might have led to appeals for a backpass — but somehow the France goalkeeper allowed the ball to slip through his hands and squirm underneath him. Gabriel Jesus was able to seize on the loose ball and he gleefully lashed it over the goal line.

Spurs' chances of forcing their way back again were undermined just after an hour when Martinelli sprinted down the right and Emerson closed in on him. Martinelli is something of an agent provocateur but the defender's challenge was rash and stupid.

His lunge caught Martinelli above the ankle and was high and late. Anthony Taylor showed him a

**The Top 10**

	P	W	D	L	F	A	Pts
Arsenal	8	7	0	1	20	8	21
Man City	7	5	2	0	23	6	17
Tottenham	8	5	2	1	19	10	17
Brighton	7	4	2	1	14	8	14
Chelsea	7	4	1	2	10	10	13
Man Utd	6	4	0	2	8	8	12
Newcastle	8	2	5	1	12	8	11
Fulham	8	3	2	3	13	15	11
Liverpool	7	2	4	1	18	9	10
Brentford	8	2	4	2	15	12	10

straight red card, the correct decision. Arsenal capitalised on Emerson's stupidity straight away. Partey drove forward from midfield and laid the ball off to Martinelli. He surged towards the Spurs box before Granit Xhaka took it off him, wrong-footing the Spurs defence. The Swiss took a touch, held off Dier and lashed a left-foot shot low past Lloris. The game was over.

Conte brought on four Spurs subs in one burst of radical frustration but other than destroying the rhythm of the game, they made little difference. 'We had chances to exploit situations in the first half,' Conte said ruefully later, 'but we made mistakes with the last pass.'

Spurs must build on the advances Conte has made but on the evidence of this derby, they are behind Arsenal in the struggle back towards the summit.

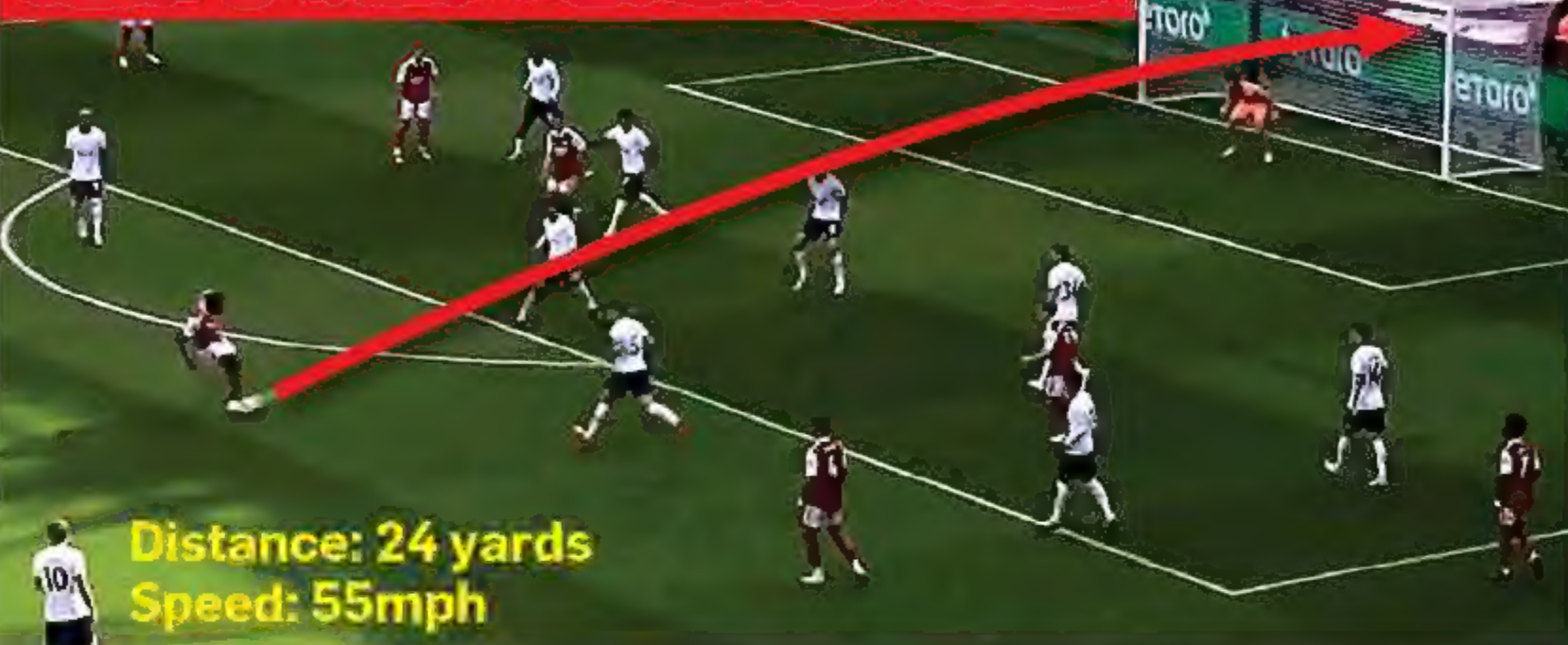
<b>65%</b>	<b>POSSESSION</b>	<b>35%</b>
<b>9</b>	<b>SHOTS ON TARGET</b>	<b>3</b>
<b>10</b>	<b>FOULS</b>	<b>10</b>
<b>5</b>	<b>CORNERS</b>	<b>2</b>
<b>BALL IN PLAY</b>	<b>54mins</b>	<b>55% of match</b>

**ARSENAL (4-3-3):** Ramsdale 6; White 8 (Tomiyasu 90min); Saliba 8, Gabriel 8.5, Zinchenko 7 (Tierney 73); Odegaard 8.5 (Miles 80), Partey 9 (Lokonga 73), Xhaka 8; Martinelli 6.5, Jesus 8.5 (Nketiah 80), Saka 8.5. **Booked:** Saliba, Martinelli. **Subs (not used):** Turner, Holding, Nelson, Marquinhos. **TOTTENHAM (3-4-3):** Lloris 4; Romero 6, Dier 7, Lenglet 6 (Sanchez 71); Emerson 4, Hojbjerg 6 (Slipp 75), Bentancur 6, Perisic 5.5 (Bissouma 71); Richarlison 7 (Sessegnon 71), Kane 7, Son 6 (Doherty 72). **Booked:** Dier. **Sent off:** Emerson (82min). **Subs (not used):** Forster, Gil, Spence, Sarr. **Referee:** A Taylor (Cheshire) 7.





## HOW'S THAT FOR STARTERS!



THOMAS PARTEY opened the scoring for Arsenal with this stunning strike — his first for the club from outside the box.

His rocket rounded off a mammoth 21-pass move, as Mikel Arteta's side made the most of their dominance over their north London rivals.

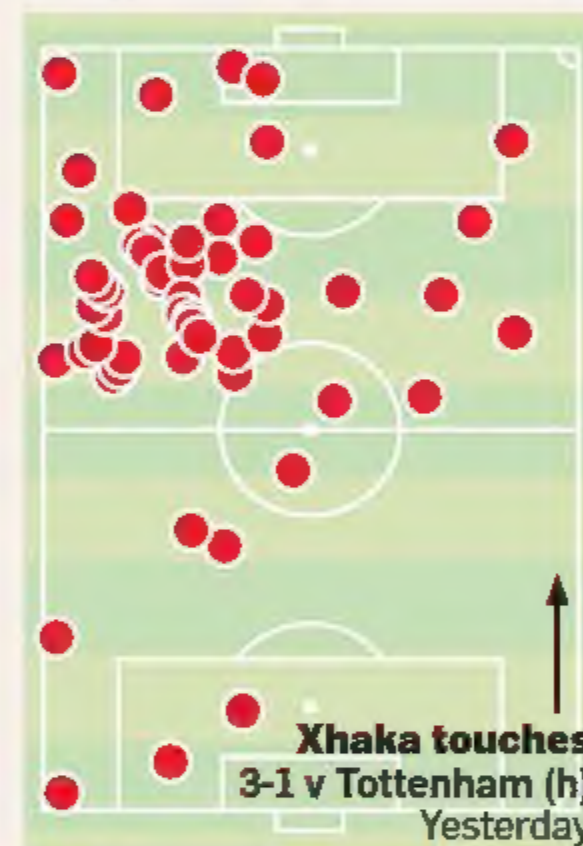
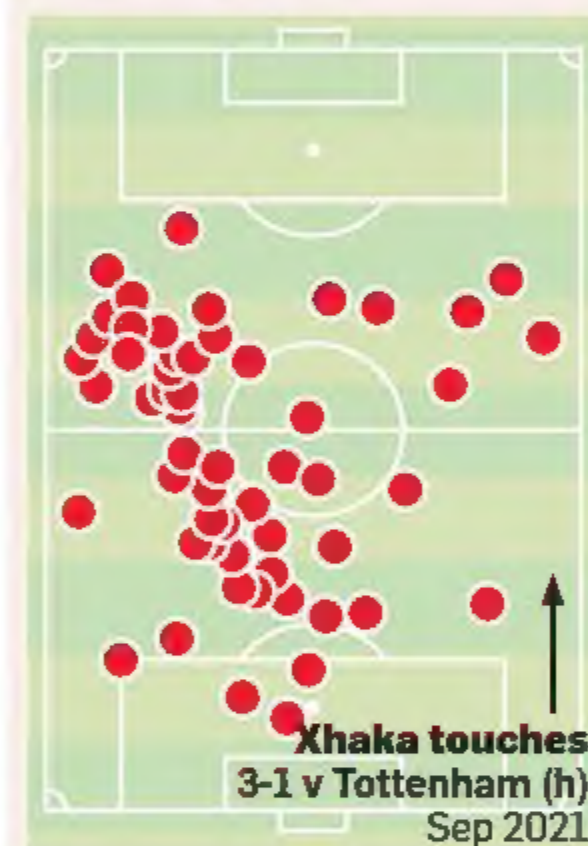
**6** Since Boxing Day 2019, only Manchester City and Liverpool have had more 20-plus pass sequences that have ended in a goal than Arsenal (6).

## GRANIT'S A NEW MAN

GRANIT XHAKA's transformation under Arteta continued with his second goal of the season. He is playing much further forward and is more involved in Arsenal's attacking play, as shown by his touchmaps from the last two home games against their neighbours (below).

**2** It is the first time Xhaka has scored more than once in a season since 2018-19 (4).

21-22	per 90min	22-23
1.4	Touches in box	3.8
1	Shots	1.3
1.2	Chances created	1.9
0.08	Assists	0.38
0.04	Goals	0.25



**PEARLER OF A CURLER:** Partey breaks the deadlock with his first goal of the season

By **Rob Draper**

AT THE EMIRATES STADIUM

MIKEL ARTETA insisted that his Arsenal team would not get carried away after they stretched their lead at the top of the Premier League to four points.

The Gunners inflicted a first League defeat of the season on their north London rivals Tottenham, beating them 3-1 to extend their lead over Manchester City, who play Manchester United this afternoon.

'Looking at the table, it's great, obviously,' said Arsenal boss Arteta. 'It gives you a great feeling. But we are a really hungry and humble team, believe me. We know where we are, we have done nothing yet.'

'There are things to improve and that's the direction we're going. I could feel the passion the day they came back from international duty. The game is more than three points and you have to play with the passion and coolness, and they did it brilliantly today.'

Asked if his team were genuine title contenders, Arteta said: 'I

leave that to you guys, we're just at the start. And we're really happy with the way we are.'

With the atmosphere at the Emirates the best for years, Arteta praised the players for creating a bond with supporters, which he feels is improving over time.

'Absolutely,' said the Spaniard. 'It started in the dressing room. You get the right people, the right players and they start to connect with each other, then that takes it to another level.'

'There is huge power of the team at any level [of football]. You start to get connected and deliver that on to the pitch and then you connect as we have done with our fans and it becomes something really, really powerful. It is the biggest success this group of players have had.'

Arsenal had a poor record against top-six sides last season and were beaten by Manchester United last month, but Arteta said he was not interested in sending a message to rivals.

'For me the message is for the players and for everybody at the club that we are able to play at this level against these kind of opponents and that should give them confidence,' he

### CAPITAL GAINS:

Arteta enjoys success in the derby



said. And he praised his team's game intelligence in consolidating their lead when Emerson Royal was sent off after 62 minutes, sealing the win with Granit Xhaka's goal as Spurs struggled to adjust with 10 men.

'They have to understand what the game demands and it can be tricky but I think they are really intelligent in the way they handled the situation and they did what the game demanded,' said Arteta.

# Let's bin VAR and send refs to school

FROM BACK PAGE

wrong when there is the technology. It's embarrassing.'

Leeds manager Jesse Marsch is banned from the touchline for today's home game against Aston Villa after venting his anger at decisions during the 5-2 drubbing at Brentford on September 3.

Conte, meanwhile, has demanded action over the standard of refereeing after seeing Emerson Royal given a straight red for a high challenge on Gabriel Martinelli in the north London derby, complaining it is hard to adjust while interpretations of the law seem to vary.

Conte said: 'In England, it is very difficult. Sometimes you see situations that could be a red card, instead they are yellow card or no yellow card.'

'Sometimes you see situations that are a yellow card but instead it's a red card.'

'They [referees] have to work a lot on this. In Italy for example, our referees go away on Thursday to stay together for three days to work together, to look at videos, to try to improve.'

'I don't know if this happens in England but it would be a good idea because the level [of the Premier League] is so high, we need to have the referees, the VAR, at the same level.'

Fulham boss Silva also blasted VAR's 'lack of consistency' after Chalobah's red card for a reckless tackle on Sean Longstaff.

Chalobah was initially shown a yellow card by referee Darren England but VAR Mike Dean advised he change it to red.

'The referee was clear, for him [it was] a yellow card, he told me,' said Silva. 'It was a harsh tackle but I'm 100 per cent sure I haven't seen consistency in these types of situations.'

'I'm 100 per cent sure that, in the next few weeks, we will see more tackles like that one and they'll be a yellow card. That is tough for us to understand.'

'Where is the consistency in these decisions? I can accept the red card if the next 10 weeks, 20 weeks, I would see the same, but I'm sure that will not be.'

Palace chairman Parish and manager Patrick Vieira were enraged when Chelsea skipper Silva was shown a yellow card rather than a red for deliberate handball when Jordan Ayew was away.

To make the Palace chiefs feel even worse, Silva had a hand in the visitors' equaliser and Chelsea went on to snatch a 2-1 win.

'Honestly what is the point of VAR,' Parish posted on Twitter. 'We chop and change every week. VAR must surely think that's a red but not a "clear" error!'

An equally upset Vieira said: 'It's difficult for me to understand it, to accept it, so it's better sometimes to be really quiet and not talk about it.'

'I don't want to talk about it because I believe the referee got it wrong and if I really say what I think then I would be in trouble, so it's better for me not to talk about it.'





## WHY HAALAND PICKED CITY

... AND HE'S AIMING TO MAKE UNITED PAY — Pages 148-149



# Granit rocks!

Khaka seals derby triumph as Arsenal go four points clear

Pages 157-159

**XHAKA CAN:**  
Arsenal's Swiss  
midfielder celebrates  
his goal against Spurs

Arsenal **3** Tottenham **1**

# TIME TO DITCH VAR FOR GOOD

By **Rob Draper**

AT THE EMIRATES STADIUM

PREMIER LEAGUE stars want to see VAR ditched for good after yet another day of controversy that saw Tottenham boss Antonio Conte accuse English top-flight referees of lacking consistency.

Conte expressed his dismay at the standard of refereeing after seeing Emerson Royal sent off in yesterday's 3-1 defeat at Premier League leaders Arsenal.

And the Italian believes referees need to go back to school or they will continue to lag behind their continental peers.

Conte's grim assessment was matched by Fulham manager Marco Silva, who also lashed out at what he saw as inconsistency when Nathaniel Chalobah was sent off in the eighth minute in Newcastle's

## Premier League stars call for change as Conte and Vieira vent frustration at big calls

4-1 romp at Craven Cottage. And they were not the only contentious incidents yesterday.

Crystal Palace chairman Steve Parish asked 'what is the point of VAR' after Thiago Silva escaped a red card for a handball offence in Chelsea's 2-1 win at Selhurst Park.

And Parish's fury echoes the anger of players who have reached breaking point with VAR and believe the technology simply is not fit for purpose, according to Leeds midfielder Adam Forshaw.

In an exclusive interview with Mail on Sunday columnist Danny Murphy, Forshaw believes the decisions involving VAR are infuriating everyone and the system needs to be binned.

'I'd get rid of VAR,' said Forshaw. 'Most of the lads would. It gets you more infuriated because there's something there that is meant to be black and white for you, and it's not. You are still getting decisions

TURN TO PAGE 159

By **Jonathan McEvoy**

IN SINGAPORE

FORMULA ONE'S budget row blew up yesterday with Red Bull threatening to sue bitter rivals Mercedes unless they withdraw 'hugely defamatory' claims.

Red Bull boss Christian Horner revealed he is taking legal advice 24 hours after being accused by both Mercedes and Ferrari of breaching last year's budget cap. 'We were taken aback by the comments from our two rival teams,' said Horner.

'I would be intrigued to know what their source of information for these fictitious claims is. They are hugely defamatory. People in glass houses shouldn't throw stones. Unless there is a

## Red Bull in threat to sue F1 rivals

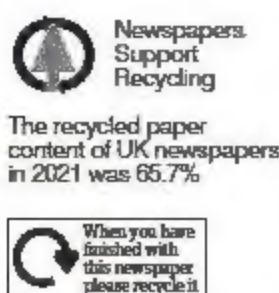
clear withdrawal of those statements we will be seriously looking at the options available to us.'

Horner said the attack was meant to deflect from Max Verstappen's quest to seal a second world title today. Mercedes and Ferrari rejected the request to withdraw their remarks.

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